

Wive's Tales

HOW2 DISTRO

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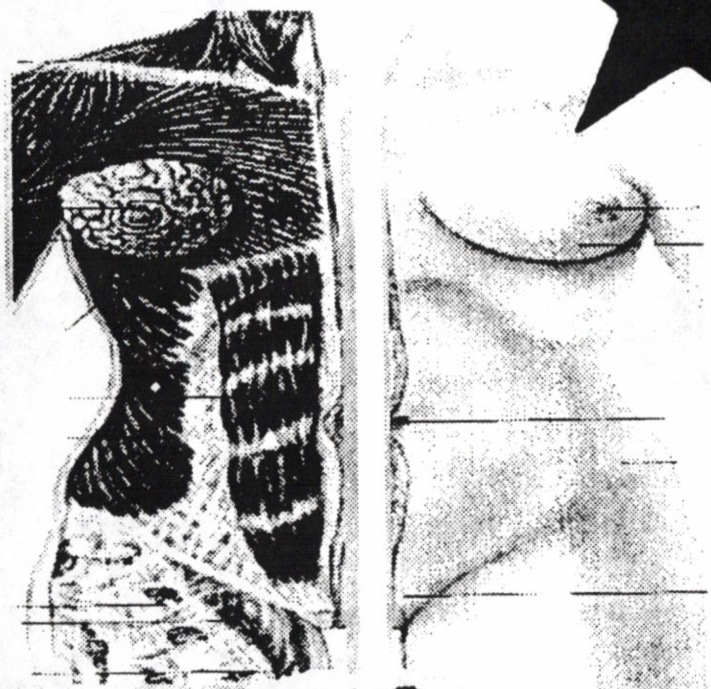


A source for practical and inspirational, DIY guides to actively pursuing more independent, self-sufficient, and empowering lifestyles.

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FINANCIAL ASSISTANCE

COUNCIL ON ABORTION RIGHTS EDUCATION (CARE)
"Committed to helping any woman, anywhere."
3255 Hennepin Ave #227
Minneapolis MN 55408
(612) 827-5827

CHICAGO ABORTION FUND
Loans/grants available for young teens & women without financial resources
Stacy Haugland
P. O. Box 578307
Chicago, IL 60613
(312) 248-4541

PLANNED PARENTHOOD OF METROPOLITAN WASHINGTON
Reduced of deferred payment for clients who are in need: "No one will be turned away."
1180 16th St, N.W.
Washington, DC 20036
(202) 347-8500

THE NATIONAL ABORTION FEDERATION
800-543-6240
may have info on other assistance programs

RESOURCES

BAY AREA COALITION OF REPRODUCTIVE RIGHTS (BACORR)
5337 College Ave #213
Oakland, CA 94146
(510) 541-5690

COALITION FOR THE MEDICAL RIGHTS OF WOMEN
1638-B, Haight St.
San Francisco, CA 94117
(415) 621-8030

WHAM! (WOMEN'S HEALTH ACTION AND MOBILIZATION)
P.O. Box 733
New York, NY 10009
(212) 713-5966

FEDERATION OF FEMINIST WOMEN'S HEALTH CENTERS
3701 J St. #201
Sacramento, CA 95816
(916) 451-0621
(Call for feminist or similarly run clinics in your area)

WOMEN'S HEALTH EDUCATION NETWORK
P.O. Box 58
Brooklyn, NY 11222

NATIONAL BLACK WOMEN'S HEALTH PROJECT
1615 M st. N.W. #230
Washington, DC 20036
(202) 835-0117

NATIONAL LATINA HEALTH ORGANIZATION
P.O. Box 7567
Oakland CA 94601
(510) 534-1362

WASHINGTON FREE CLINIC
Women's Health Collective
1156 Wisconsin Ave., N.W.
Washington, DC 20007
(202) 667-1106

THE OVERGROUND RAILROA
Chapters in 40 states, referrals, transportation & housing for women who must travel to obtain abortions
P.O. Box 79
Shippack, PA 19474
(800) 726-1468





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by Jeannine Parvati

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Witches, Midwives, and Nurses
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by The Feminist Press

A Women's Book of Choices
Abortion, Menstrual Extraction, & RU-486
by Rebecca Chalker and Carol Downer

Fighting Infections with Herbs:
Sexually Transmitted Infections
Healthy Healing Library Series
by Linda Rector-Page, N.D., Ph.D.

Other Goodies:

Wise Woman Herbal
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Abortion Without Apology:
A Radical History for the 1990's
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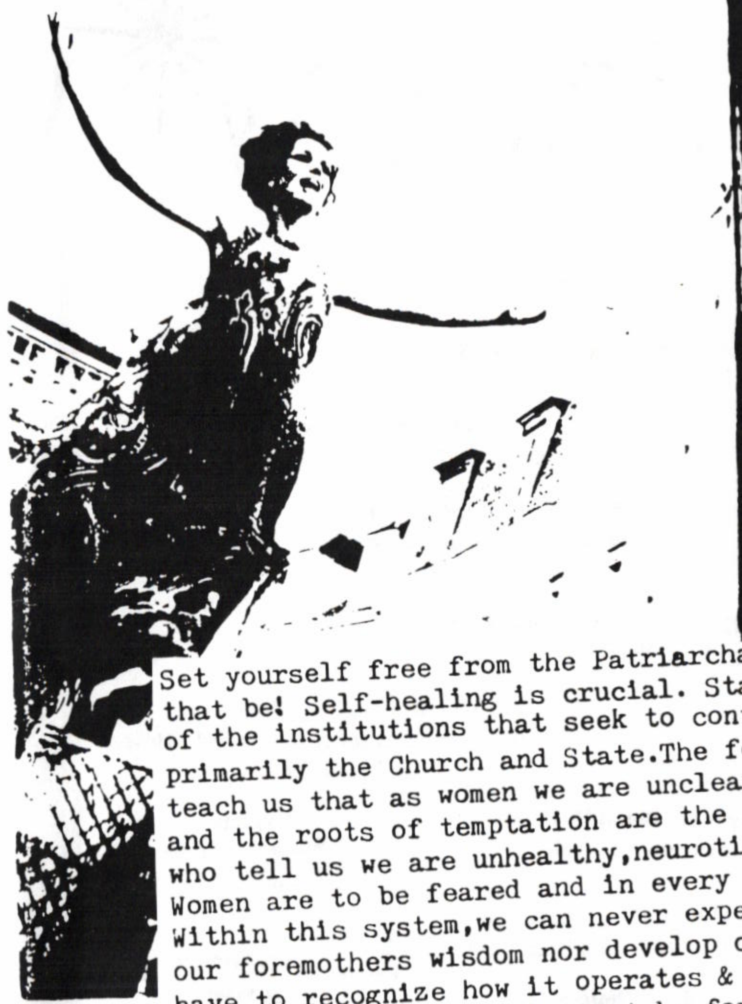
man-made medicinE IN effEct



Before Orthodox Medicine evolved, women were the primary healers of all time. We were the unlicensed doctors & pharmacists, herbal healers & "wise-women," midwives & abortionists, we were healers to the poor, to the people. And to those who sought to disempower & consider evil the knowledge & intuitiveness women possess --we were witches & burned at the stake. Today, institutionalized health care continues to burn us, fostering the same fear-based view that women are incompetent, passive, and neurotic. It is built entirely upon our ignorance & cashes in on the sickness this ignorance breeds. Within this power-play, our vunerability is reinforced & perpetuated & a Patriarchal monopoly towers omniously above us all. Respectful, empowering, & straight forward health care is virtually non-existent in a system riddled with political, economic, gender, & class issues. While this structure weakens us all, women are systematically debilitated by forceful invalidation & condescending manipulation. Still viewed as mysterious, our menstrual & menopausal systems are blamed upon a neurosis. The term hysterectomy literally means the removal of hysteria --otherwise known as the organs that make us women. Hysterectomies account for one of the most widely practiced operations in America --also the most fraudulent with 90% of them currently deemed unnecessary. Women are methodically reffered for psychological help, told that the problem is all in our head. We are not properly informed of side effects, given unneeded hormones, & often used experimentally. Orthodox medicine is Patriarchal medicine, Patriarchal medicine is our institutionalized health care, & our health care is designed to keep us sick. Power is kept up high, with the ruling class. The Pharmaceudical Industry is run by The American Medical Association --***they are one and the same***. Herb & vitamin companies are no longer allowed to discuss nature's healing properties

thanks to the FDA (aka the same American Elite), making it against the law for people to "practice medicine without a license." When Feminist Clinics first began, heroine Carol Downer was arrested for inserting yogurt into a co-worker to treat a yeast infection. Unable to deny medicinal nature, the establishment has gotten the bullshit idea of actually patenting nature, such as the miracle Neem tree in India, & possibly soon, Goldenseal. If they have their way, we will have to get a perscription for things we can grow in our backyard & be punished by law if we don't. Never has Western Medicine felt more threatened by the shift towards natural healing & self-help --as it should. People are tired of being sick & feeling controlled. the movement to heal & govern yourself directly sabotages the Patriarchal Structure at it's foundation. Education brings empowerment. We need to learn & share the wisdom to command our own health & living as much as possible. control of our bodies is fundamental.

This zine was inspired by noticing how little the women around me know about their bodies, myself included. Women who are feminist-identified, girl-empowered, involved in counter-culture, or one that attempts to be self-recognized. I realized that while fighting so hard for the right to shape & control our lives, we were only proving *how little control we did have* by not even understanding the bodies we were defending --nor attempting to. The less we know about ourselves, the more we can be manipulated. i think that understanding our health puts us in touch with our social, political, & economic health as well. It's all connected!



Set yourself free from the Patriarchal powers that be! Self-healing is crucial. Stay aware of the institutions that seek to control you, primarily the Church and State. The forces that teach us that as women we are unclean, sinful, and the roots of temptation are the same ones who tell us we are unhealthy, neurotic, and ignorant. Women are to be feared and in every area, quelled. Within this system, we can never expect to gain back our foremothers wisdom nor develop our own. We have to recognize how it operates & step outside of it as much as we can. Start by forming a Self-Help Circle in your area, even with only a couple of friends. Use your speculums, share information, and document your observations. Gather books on herbs, botanicals, acupuncture & pressure, massage, etc. Try to see your health not as isolated breakdowns and malfunctions, but holistically --taking into account the body, mind, and spirit. Publish findings, network, and organize. We're on our way...

Key Ingredients for a Healthy Hellcat

Avoid Entirely:

- Meat!! This includes all dead animals...
- Lard, animal and vegetable fat alike (hydrogenated oils)
- Sugar, especially white
- White flour
- Salt
- Caffeine
- Deep fried and processed foods

As Little as Possible:

- Dairy products
- Alcohol
- Peanuts (undigestible & toxic)

Daily Rainbow:

- Whole grains; yellow millet, corn, brown rice, wheat, and rye
- Legumes; green peas, tofu, beans, lentils
- Collard greens; kale, mustard greens, chard
- Orange stuff; carrots, sweet potatoes, squash
- Red stuff; apples, stawberries, cabbage, tomatoes, beets
- Bananas are high in potassium
- Always eat as much garlic as humanly possible
- Oils; Extra virgin olive oil, *uncooked* safflower, flax. All oils become toxic when heated.
- Try almond butter instead of peanut. It's more expensive but goes further.

menu adopted from Take Back Your Life

Besides a good attitude, eating healthy is the biggest investment in your current and future well-being you can make."Health food" may seem pricey but consider how pricey colon cancer or a heart attack will run you later on.We know that animal products, smoking, and environmental contaminants are the leading causes of cancer and most disease. The meat, dairy, tobacco, and chemical industries do not want us to know this. Our health is not encouraged, it is paid off. Consider your sources of information & who benefits in feeding it to you. Good health equals freedom.

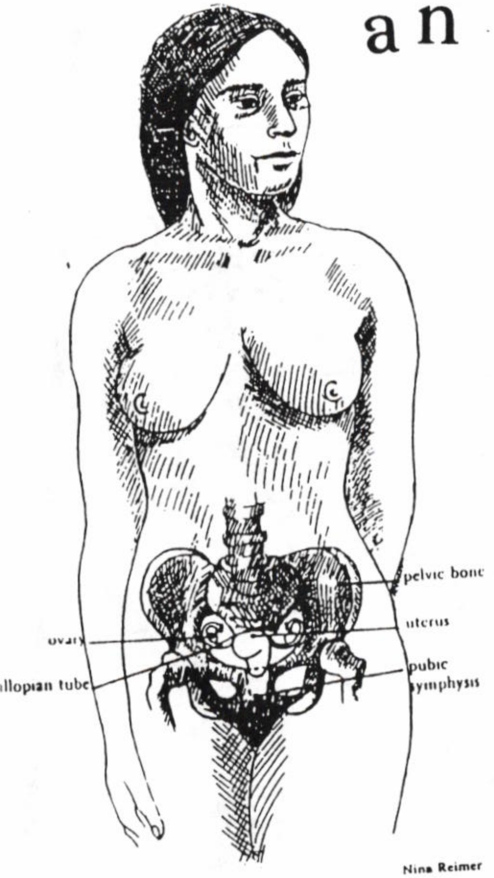


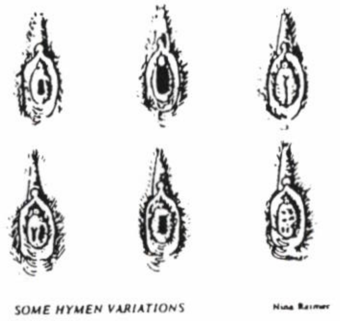
I hope you get some useful tips out of this. Consider it a cliff-note version of what's out there. Mosy of the info i cited is either personally recommended or suggested by women in the Self-Help arena. Write me & let me know what you think or have anything to share. I'd so much dig a collaborative project, like one of a really big scale. We all got so much to share. I really want to hear from you...

Sisterhood,

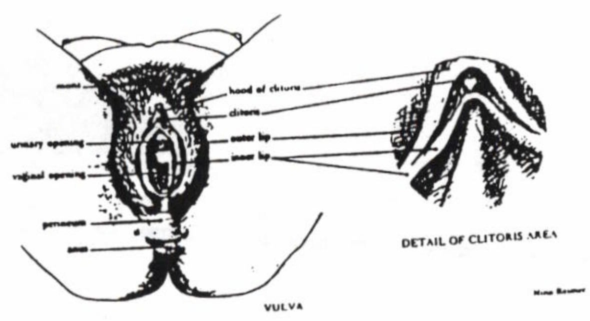
Britton

an overview





SOME HYMEN VARIATIONS



VULVA

DETAIL OF CLITORIS AREA

The Morning After Pill (aka The Emergency Contraceptive Pill)

When you've been exposed to possible pregnancy, this is a really nice stand by. Effective within 72 hours, but preferrable to take within 12-24 hours after sex. Depending on when it's taken it works by either preventing fertilization entirely or stopping the fertilized egg from implanting in the uterus. 4 pills are taken initially, then another 4 twelve hours later. Your next period will be within 2-3 weeks. MAP will not prevent an ectopic pregnancy, but you will show signs if this is the case. You can also take 5 of your birth control pills & get the same effect, but you should call a clinic first to see if you have the right kind. Side Effects: possible nausea 1-2 days. If you barf within an hour, go back to the clinic to take more.

The RU-486

Only recently approved in the United States and still only in the testing stages, RU-486 is a doctor-monitored abortion pill. It is what we call an "Advanced Reproductive Rights Method" that has the potential to make abortion accessible on a large scale. Effective in 5-7 weeks pregnancies or 9 weeks LMP, it works by blocking the production of progesterone. This causes the placenta to disintegrate, expelling uterine contents. It is 80% effective alone and 95-96% when taken with a prostaglandin booster. Besides the accessibility, the RU-486 has great advantages involving minimal risk of infection and complication that is possible in surgical abortion. It is currently available at selected Planned Parenthoods but they don't advertise it, so call around.

Side effects:* Moderate to severe cramping for several hours until miscarriage occurs
*Bleeding 4-40 days, average 10 days
*Dizziness, nausea, puking, shits (but these are rare & can be treated)

cramping or pressure). This allows easier access into your uterus as the contents are larger to empty. Dialators may be used even still. 18-24 week pregnancies involve a 3 day procedure with lam sticks 2 days proceeding abortion. Forcepts are used for grabbing and curettes for scrapping. The procedure is longer and more complicated as the pregnancy is larger.

Risks: Chance of complication increases with later term pregnancies. They usually show within a few days. Higher risk for infection, retained tissue, uetrine perforaton, hemorrhage, cervical laceration.

How to Recognize Complication:

- Infection: 100.5+ degree fever, bad cramps, smelly discharge.
- Retained Tissue: heavy bleeding, very large blood clots, signs of pregnancy (any of these lasting longer than a week), bleeding longer than 3 weeks.
- Hemorrhage (excessive bleeding): usually happens while still in clinic; sign of retained tissue, perforation, failure of uterus to contract.
- Postabortal Syndrome (blood in uterus): blood clot in uterus -- can be massaged out using downward, fanning motion, or may need to be re-aspirated.

Prostaglandin Suppositories: According to The New Our Bodies Ourselves, this is the newest & least known abortion method. These can cause miscarriage when placed in the vagina by inducing strong uterine contractions. They are usually used to expel a dead fetus.

Risks:nausea, puking, shits, fever & failure to abort.

Having an abortion does not threaten your chances for having a healthy baby in the future. While there is no conclusive evidence, there is some indication that having several may increase your chances for miscarriage or premature birth, do to a possible weakened cervix **and scar tissue. This possibility can be minimized if you find a clinic that is gentle and uses as little dialation as possible.**

VAGINAL SELF-EXAMINATION WITH A SPECULUM







The cervix and vagina can be viewed with the use of a plastic vaginal speculum. Speculums come in different sizes: narrow, medium and long. Most women can use a medium speculum comfortably. Some women prefer or need to use a narrow or long size. It is helpful to recline on a firm bed or table with your back propped up and knees bent, feet on the bed or table. You insert the speculum, with the bills closed, into your vaginal canal like you would insert your fingers or a tampon. You may want to lubricate the speculum with water. You insert the bills at an angle that is comfortable for you. For many women this is towards the backbone. The handles may be up or to either side.

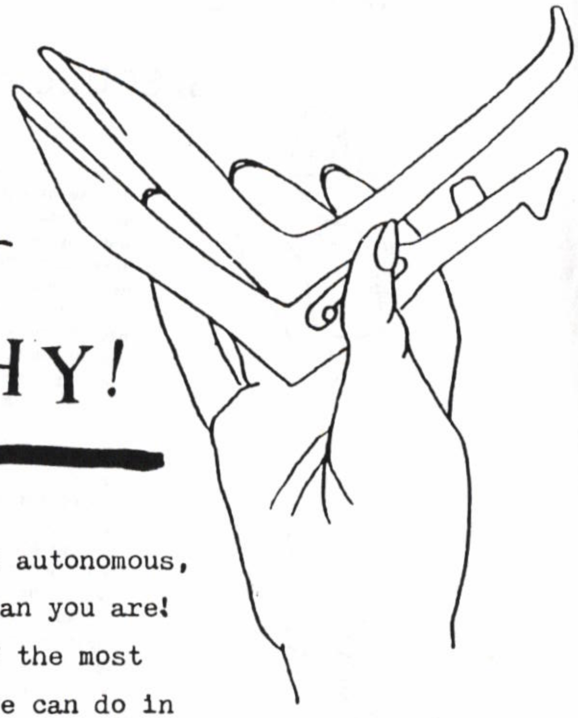
When the speculum has been inserted as far as is comfortable, up to the pubic bone, the two handles are squeezed completely together and slid against each other. The long handle slides up and the short handle slides down. The speculum will make a snapping sound indicating that it has locked the bills, in the vagina, open. You can adjust the speculum to three positions. Your cervix will be somewhere at the back of the speculum at the end of the vaginal canal. It is very common and normal for some women to have their cervix (and uterus) tipped at an angle in their vaginal canal. The cervix (and uterus) can also move and change positions. Because of this, some women have trouble finding the cervix for the first time. Many women find it helpful to insert a finger into the vagina to feel for the position of the cervix and then reinsert their speculum at that angle. Also, sometimes another woman can be helpful in helping you to find your cervix. It may take patience, but every woman *can* find her cervix.

— or jump up & down first!

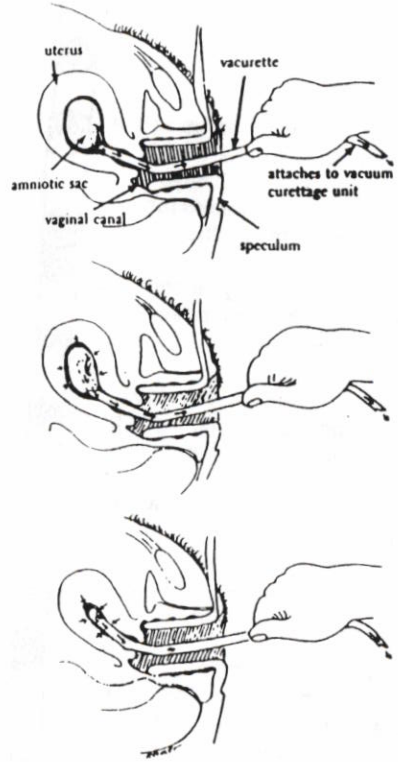
When the speculum is in place you can look at your cervix with the help of a mirror and a strong light. The speculum can be washed in soap and water and stored in a clean place ready for use again by the same woman. If other women want to share the same speculum, it should be soaked in a cold liquid disinfectant like Zephiran for 20 minutes (see page 14).

Get A New View of a Woman's Body, a speculum, & a group of friends to start your own Self Help circleShare your observations and learn! Order specs for $2 or donation from Womancare attention Britt, 2850 6th Ave Suite 311 San Diego, CA 92103

GYNE-ANARCHY!



Put into action the autonomous, self-sufficient woman you are! Self exam is one of the most empowering things we can do in rejection of mysogynist medicine. By regular examination we can detect our fertile and non-fertile times, pregnancy, infections, and other changes. It sounds complicated, but it's so easy! We are led to believe that as non-physicians and women still, we could not possibly know what we are doing. Remember where they want the control & how they manipulate us to get it. It's best to form a group of women to share your observations as well as practicing on your own. It's an excellent de-mystifier of the female body and obliterates self-consciousness! Grab a spec and go!!



Vacuum suction abortion. Nina Reimer

HOW PREGNANT ARE YOU?

The length of a pregnancy is usually counted from the first day of the last normal menstrual period (LMP) and not from the day of conception (fertilization). LMP dating is inaccurate and misleading. It can make you think that you are two weeks further along in the pregnancy than you really are. It assumes that every woman not only has a twenty-eight-day cycle but ovulates exactly two weeks after her period began. (Nobody has a regular cycle *all* the time.) The *first trimester* is the first thirteen weeks; the *second trimester* is the fourteenth through twenty-fourth weeks LMP; twenty-five weeks LMP and later is the *third trimester*. Abortion is safer, easier and less expensive in the first trimester. It may be difficult to find a facility that provides second-trimester abortions, and impossible to get a third-trimester abortion unless your life is endangered by your pregnancy.

The first day of the last menstrual period is the most common way to date a pregnancy, but you must consider whether that period was normal for you. If it came at an unexpected time or was lighter than usual, conception may have happened *before* that bleeding.

If you chart your body changes with a fertility awareness method (see p. 276), you will have a written record of ovulation and will be able to recognize pregnancy quite early on. If you do cervical self-examination, you may notice that your cervix has changed color and become bluish-purple, which happens early in pregnancy.

Signs of pregnancy can help confirm the date of conception (see p. 343).

An experienced health worker or medical practitioner can estimate the length of a pregnancy by feeling the size of the uterus during a pelvic exam. This is usually accurate within a two-week range. Ultrasound, another method for determining the length of a pregnancy, also has a two-week margin of error. The practitioner doing the abortion makes the final decision about how far advanced the pregnancy is and whether s/he is willing to perform the abortion. If the practitioner refuses to do the abortion, you may have to find someone else. Statistically, abortion risks increase as the pregnancy progresses and the uterus becomes larger and softer.

(depending on length of pregnancy) and cramps disappear or greatly decrease within another 5-10 after! Within 20 minutes, you're ready to go home! Regardless of possible discomfort, fear of pain should not be a deterant in accessing an abortion. If you are considering one, reasons for doing so far out-weigh the physical. Remember, pain is fleeting and time heals any burdensome emotions. Do what you think you want/need to do and the rest will take care of itself. You have no one to consider but yourself because you are the one who is most affected by your decisions, always. Believe in yourself and the choices you make --they are forever real.

Abortion is legal up until 24 weeks of pregnancy. After that, a fetus is considered to be viable outside a women's body --but only with intensive hospital care and a low life expectancy. Exceptions are made in the case of pregnancy threatening the mother's life. If you are pregnant and want a clinical abortion, it is suggested you wait until you are 7 weeks LMP (counting from the 1st day of your Last Menstrual Period). Before then, the pregnancy is so tiny that it is easy to miss & can lead to infection (from retained tissue) Then you need a "re-aspiration" --which is another abortion. Depending on the choice of clinic, local or general anethesia can be used. Local carries less risk, is easier on the body, and involves a shorter recovery time (i think it's cheaper too). While not as intense as with general, local anethesia can occassionally cause nausea. Here are the types of abortion procedures commonly used today;

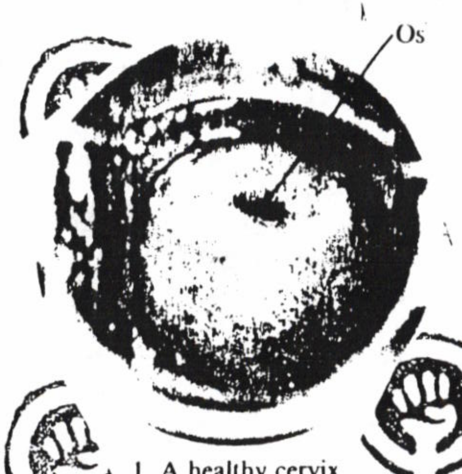
*Vacuum Aspiration: 7-12 weeks preg. Lidocane is injected into the cervix to numb the area. A small, straw-like instrument called a cannula is inserted into the os openning of the cervix. A hose is connected to the end of the cannula & suction is created from an electric air pump. This procedure is incredibly simple and takes only 3-5 minutes. Sometimes dialators are used to expand the openning, typically with 10-12 weeks. Mild to strong cramping ocurrs & usually gets heavier towards the end as the uterus shrinks back to size. Recovery takes 15-30 minutes while you rest in an after-care room with heating pads. You will be given aftercare information (see "Abortifacients") and antibiotics to prevent infection. Your next period will be as late as 10-12 weeks. Aspiration carries the least chance of complication. It is considered one of the simplest medical procedures and is safer than even tonsilectomies or circumcisions. The pregnancy is still only an embryo at this point, developing the major physiology after 3 months and technically becoming a fetus.

Risks: chance for complication is @ 1%. Much riskier to have baby!

*Dialation & Evacuation: 12-18 weeks preg. These involve a 2 day procedure where you come in a day before your abortion for dialation. Laminaria seaweed sticks are inserted into your cervix to absorb fluid & expand --causing your cervix to stretch (you may feel



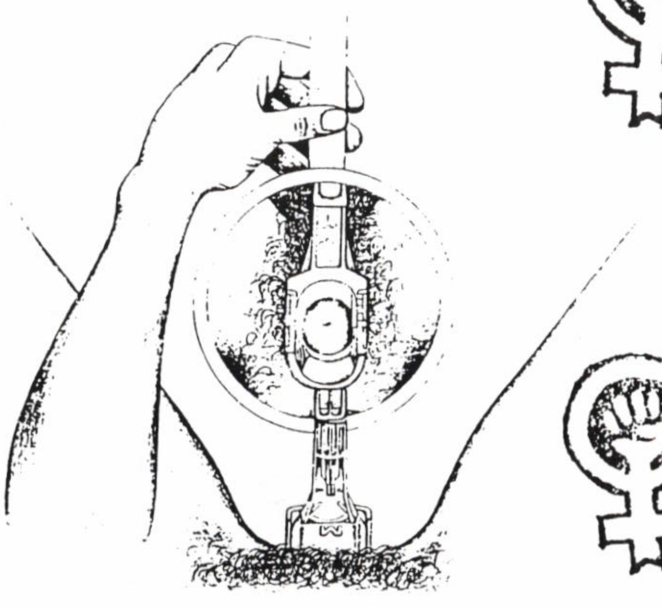
A woman opening a speculum



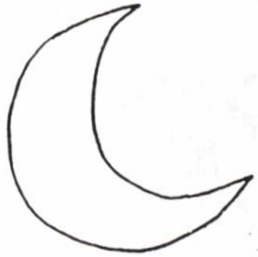
1. A healthy cervix

actual size

A NEW VIEW OF A WOMAN'S BODY



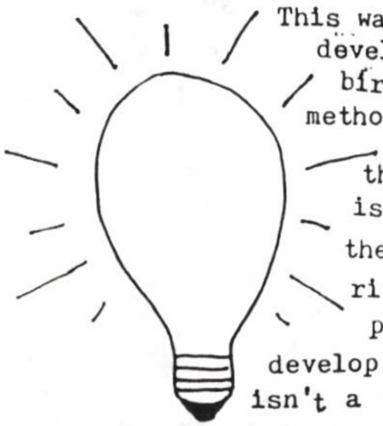
A view of the cervix in a mirror



luna-ception

borrowed from light manipula-findingsby physicist Edmund Dewan, Louise Lacey developed a really bitchin' method for regulating your cycle.The idea is to mimick the light of the full moon and syncronize your bleeding with its cycle. Before artificial lighting, women bled in sync with the moon and with eachother.If you can keep yourself outdoors enough,it's possible to time yourself lunarly, but this is not always "practical" and thus this alternative...

sleep in total darkness,except during the full moon.plug in a 15-watt night light near your bed,a 40-watt in a closet,or dim hall light to mimick the full moon.counting the first day of bleeding as day 1, sleep with the lights on during days 14, 15 & 16.within a few months,you should be on a 29-day cycle,predictably ovulating on the 14th or 15th day.

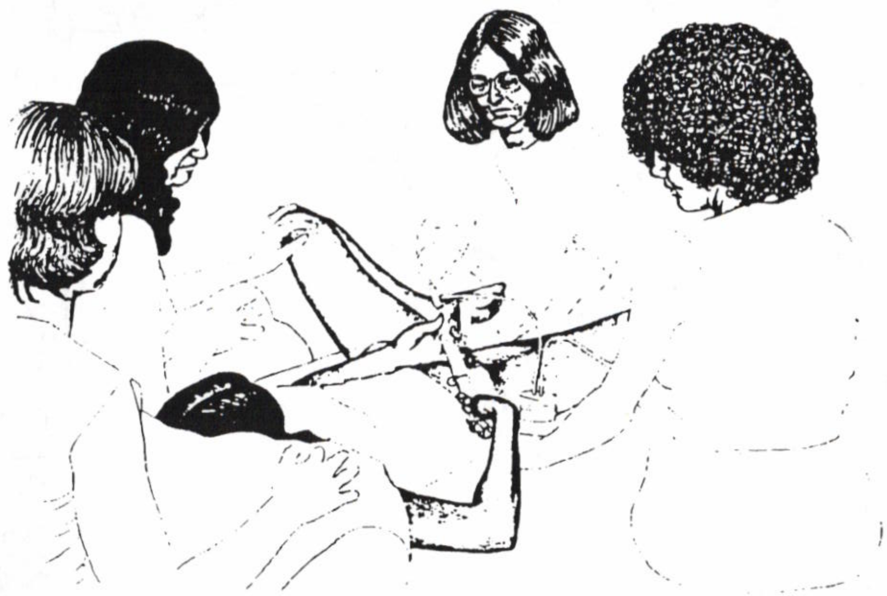


This was originally developed as a birth control method, believing that a hormone is produced in the darkness ritual that prevents egg development. There isn't a whole lot of research on it though.

Clinical Abortion

While not **always** the preferred choice, clinincal abortion is an essential standby when self-help approaches don't materialize. Despite all the tension, clinical abortions are not typically brutal and tramatic, but can be as *with nearly any surgery*. The difference is that you are often dealing with a barrage of emotions or even reservations about your decision and (usually) awake, paying witness to the inevitably chilly environment of an operating room. While your emotional state has a lot of bearing over the experience you will have, i totally believe that the support involved will either make it or break it for you. Support in your personal life (i.e. partner, family, friends) is essential, but so is the support in the clinic/hospital. As having served as a patient advocate at the clinic i work, this theory has been reaffirmed for me time and time over. A patient advocate is a woman who serves as your support person during the abortion procedure. Aside from monitoring your vital signs and keeping you stabilized, an advocate can hold you hand, your eye contact, and talk you through as little or as much of the process you want. Try to find a clinic that has advocates, it makes a big difference. It's nice to find one that allows you to bring in your own support person as well, if you want that. Feminist clinics always have this. I find them to be the best all around.

The pain issue is different for everyone and has much to do with their stress and tolerence. Women who are extremely nervous tense their muscles, causing their pain receptors to be very accute. They can be so constricted that they actually expel the instruments from their body! The more you tense, the greater the pain and longer the procedure as the doctors job is made more difficult. So the #1 thing to remember is to RELAX and all will go well! We as women are designed to handle this type of pain and it will only make us ultimately stronger. (I like to think of pain as a strengthening sensation other than something that will damage me...) Women who are used to or familiar with heavy menstrual cramps tend to do better. Some women don't experience any discomfort at all. I think a big issue is not the pain, but the *surprise* of the pain. Many women hear it doesn't hurt from others who have been through it and then feel overwhelmed when it does. They also feel like something must be wrong or that they are weak. Many others deny the warnings because they might have too much on their minds to deal with that aspect too. Probably the reason why many are told it doesn't hurt (when it may have) is because the women who said so quicky forgot it as recovery time is so speedy. The procedure takes only 3-15 minutes



The woman who is having the extraction pumping the Del-Em



A woman having an early suction abortion

(☆ a New View of a ♀'s Body)

menstrual ANARCHY!

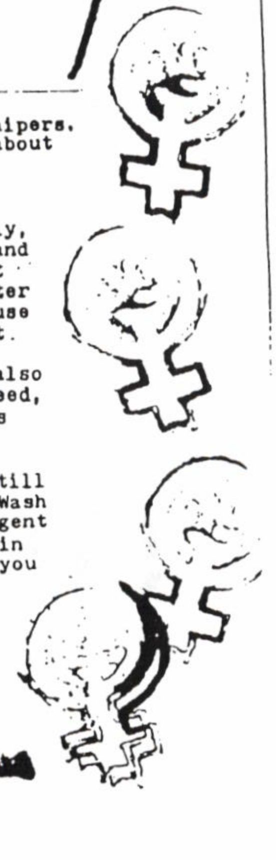


Did you know that **maxi-pads from stores are not bio-degradable?** Not only that, but both Maxi-pads and tampons are chlorine-bleached so they look sterile using a process that pollutes the atmosphere. The bleach is not healthy for your body, either. It contains Dioxin, a toxic substance linked to cancer, birth defects, miscarrages, and immune system damage. Tampons change the vaginal enviornment and cause vaginal drying and ulcerations etc, etc. Who needs it? Why not create Menstural Anararchy and Fuck up the system and not have to worry about shit like dioxin instead? FUCK the man's feminine products, you don't need them. Stop buying maxi-pads and tampons from stores -- All they are there for is to control you, to tell you where and how to bleed, and how much it will cost you. What they don't want to tell you is how their products will fuck you up.

Instead, go down to the local thrift store and buy some used flannel baby daipers. They run about 40¢ each and will make about two pads apiece. Fold them up and saftey-pin them to the inside of your underwear. It may sound wierd, like a hassle, or even yucky to you, but really, it's not. They are very comfortable, and contrary to popular belief, they do not soak through easily. They are way better than those store bought maxi-pads because they aren't all plasticy and you can cut different sized peices according to how heavy your flow is that day. You also get more of a sense of how much you bleed, and it's important to know these things to keep yourself healthy.

You can use the pads again and again, till you feel it is time to replace them. Wash them with a mild hypo-allergenic detergent and hang them dry, or just throw them in the wash. If you are away from home, you can just put your used pads in a ziplock bag and wait till you get home to wash them.

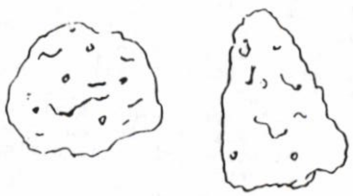
"Feminine Hygiene" you buy from a store is a lie. Making your own maxi-pads is Punk rock.



contributed by the lovely jennifer thomas
c/o Hot Lava Monster
out of print

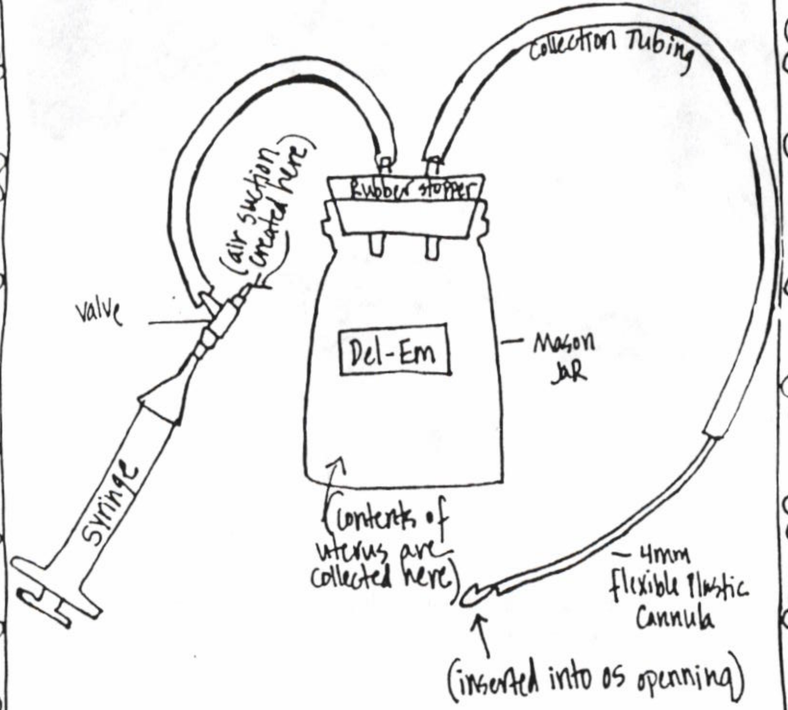
thE seA SPoNgE

these are found in most health food or drug stores as cosmetic sponges. use 'em as tampons! They ~~xxx~~ last for years! Trim to fit, insert with finger & remove after several hours, rinse & replace again. Run dental floss thr ough to use as a string in removal, but you don't need to because it won't get lost. After your period is over, boil in water or soak for a few minutes in vinegar & water or baking soda & water. Dioxin-free and consumerist-minimal!!!



The Diaphragm

a lot of women like to use their diaphram to catch their menstrual blood. Depending on the heaviness of your flow, just remove as often as necessary, rinse, and replace.



(M.E. KIT)

low key,it shouldn't be too difficult to find out if Mense. Ex. is available or not.The women down here will often drive some hundred miles to those who need them,so possibly those goddesses exist in your area too.If you are able to find someone with experience,see if they can join or guide you in creating a Self Help group in your town!! Oh-if you know or suspect that you are pregnant,don't delay.The earlier the preg,the easier the extraction.Never go over 9 weeks, clinical abortion is the last option after that.

Menstrual Extraction

Created to remove menstration & bring on the immedi-
ate cessation of cramps & related discomforts,menstrual
Extraction is also used in the early stages of a
known or expected pregnancy.It is an underground pro-
cedure to be performed by a layhealth worker or com-
parably experienced women.Goddesses back at The Los
Angeles Self Help Clinic developed this method in 1971
and it remains today an invaluable tool for reproduc-
tive freedom.Mentrual Extraction is not a do-it-your-
self abortion technique or one a physician will per-
form in a clinic.It is a home health care procedure
that removes the contents of your uterus as close as
possible to the expected day of menstration.This pro-
cedure is illegal because it's a some-what surgical
technique often done by unlicensed women in an un-moni-
tored,non-medical establishment (so is midwiving!),but
don't be fooled-- it's prohibition keeps power in the
hands of Patriarchal medicine.

Extraction is a safe and simple procedure involving
a syringe,tubing,a mason jar,and a 4mm cannula.The kit
is called the "Del-Em" patented by Lorraine Rothman.
The cannula is inserted through the os (openning to the
cervix)andsuction is created through the syringe.Air
pressure forms within the jar and gently pulls the
uterine contents through the cannula and tubing
into the collection jar.Anesthetic is not needed and
neither skin breakage nor tissue scrapping occurs like
with clinical abortion.Mild to strong cramping is usu-
ally present as the uterus shrinks back to size,but
women can control their own vacuum pressure so the
suction can be at a level of personal comfort.

Due to the legal controversy surrounding Menstrual
Extraction,it is difficult to find access to both the
kit and women who have experience with them. During
the 70's most Self Help Groups performed M.E.'s, now-
a-days the groups themselves are hard enough to find.
For obvious reasons,i can't supply a written directory
but just keep your ears peeled and stay persistent.
Women may not volunteer the information,but if you stay

A Word on PMS

Some believe it doesn't exist. Maybe it doesn't like *we think* it does. Maybe the
barrage of changes a women can feel before she bleeds is largely or mostly due
to not her body, but forces outside her body. That maybe PMS is the result of
socially perpetuated shame and rejection surrounding menstration. Women have
come to feel negatively about our bleeding, dreading it, resisting it. We were
never allowed to really talk about it and when we did, it was embarassing. The
fear of bleeding as a dirty, secret experience is reinforced by bleached white,
deodorant, *disposable* feminine "hygiene" products that hides our bleeding not
only from others, but ourselves as well. As we quickly flush the evidence down
the toilet, we deny our bleeding, not to mention the knowledge of how much and
why. How often is "What are you, **on the *rag*?"** thrown as an insult, like the only
thing menstration does is make us a bitch. I often wonder if the need for us to
feel bad about menstration is rooted in a subconscious dig at men's manhood,
the flowing blood a result of impotent or thwarted sperm! Mostly, I think we get
a lot of shit because men don't understand menstration, maybe are even jealous
of the fact that we can bleed without dying or even being harmed. That we can
often undergo routine pain and survive it, but they can only endure quick pain,
not extended amounts (they would die in childbirth). This is why many become
such babies when they get sick! We are different and that's cool. We both have
really interesting things about us, but along the lines some brat got a complex
and blew it for the future generations. No one is immune to conditioning.
Besides the inevitable social crap involved, real things do happen to women
during and in preparation for menstration. There are significant hormonal,
mental, and physical changes involved that affect our moods --*but this does not
have to be negative*. In ancient times, women embraced their bleeding time as
one of enhanced creativity and power. It is one that is ours and was reserved for
them to be alone or with eachother, usually in "isolation" huts. Society does not
recognize this need, but rejects the experience entirely. Now we find ourselves in
a structure that makes isolation impractical & scorned. Possibly the ill effects we
get are in resentment of this. Pre Menstrual "Syndrome" may well be a
ramification of how we are raised to think about bleeding and how we are treated
when we do it.

For the physical aspects: Most of the discomfort we feel (not attributed to
social warping that is!) is due to water retention. This can make us feel heavy and
irritable. Take extra calcium, magnesium, and B complex a week before you are
scheduled to bleed. Eat well & get plenty of exercise!

CRAMPS

Although we all know & hate a small handful of crampless wonders, few of us routinely escape 'em. They can range from a mildly annoying pressure in your belly to gut wrenching mock labor. While we may not be able to rid ourselves entirely, through the right diet, exercise, & attitude we can manage the moon's powerful pull over our lusty loins.

Diet:

Cramping is due largely to shitty diets, particularly those high in meat, dairy, sugar, fat, caffeine, and processed foods. Toxins build up in our systems and as our periods are a type of elimination, they are carried out with the flow. The more toxins present, the more pain we experience in their elimination. Other factors may be involved, but if you know your diet sucks, try improving it & see if you notice a difference.

Eat: foods high in B vitamins such as leafy greens, avocados, cabbage, raisins, soybeans, brewers yeast, wheat germ, & brown rice.

(con't. →)

Cotton Root Bark: roots into tea. a few small sips are all you need as this herb causes strong uterine contractions.
side effects: powerful contractions if overdone.

Vitamin C*: 6000 mg. spaced out during day for 5 days. works better as a period inducer, so take as close to expected day of mens. as possible.
side effects: do not use if you have any bladder related problems. may cause diarrhea.

Goldenseal*: boil roots into tea. i'm not sure how much.
side effects: herb thought to be unharmful, but never take goldenseal if you are hypoglycemic/ have low blood sugar.

Ginger*: 1 & a half tsp. powder in a cup of hot H_2O.
side effects: drink alot of water, can burn throat & belly.
(although i often take at least this much when i have a cold).

Mugwort: roots into tea. drink no more than 2 cups/day.
side effects: sweating. too much is toxic & can cause intense uterine contractions.

Parsley*: steep 1 TBS in 1 cup hot H_2O for 20 min. can also stuff a fresh bunch into cooch every 6 hrs. for 3 days, but better to do before you actually miss your period.

Pennyroyal*: take as whole plant (NEVER OIL!) steeped as tea or in tincture form into hot H_2O. No more than 3 cups/day. very effective. can mix with blue cohosh to help cramping.
side effects: nausea, numbness in extremities, dizziness, sweating.
too much is highly toxic and pennyroyal OIL can kill ya.

* Also double as emmenagogues.

Avoid putting anthing in your cooch for 2 weeks cuz it's susceptible to infection. This includes tampons, penises, and taking baths. Take extra garlic, zinc, and echinacea for your immune system (instead of those nasty antibiotics). Bleeding or spotting up to a couple of weeks is normal. Your next period can be 3-10 weeks later than usual, but after that everything should be back to peachiness.

READ
When Birth Control Fails by Suzann Gage
How to Stay Out of the Gynecologist's Office by The Federation of Women's Health Centers



abortifacients

Abortifacients have been used by women since the beginning of time. More
powerful than emmenagogs, these herbs induce abortion and are used when
pregnancy is known or strongly suspected. They work by causing uterine
contractions or by irritating the uterine lining, causing it to shed.
Abortifacients are most effective through the first 4 weeks of pregnancy and
another approach should probably be explored much longer after then. It's
best to start them 5 days before your expected period and although they
usually kick in on the 3rd or 5th day, they can be used up to 2 weeks if
necessary. You may experience mild to to strong cramping and heavy
bleeding initially. Pinkish tissue will be passed as you bleed --the longer the
pregnancy, the more tissue. Massaging your abdomen (especially in a
downward motion) will help everything flow smoothly. This is a time to take
to yourself --stay mellow and rest if you feel like it. Relax and trust in our
foremother's ancient healing wisdom...

<u>Black cohosh</u>: steep 2 tsp. in 1 pint H_2O. take 2-3 tsp./ 6X a day. Contracts uterus.

<u>Blue cohosh</u>*: steep 1 oz root in 1 pint H_2O. take 2 teaspoons every 2-3 hrs. Can be
diluted in hot water. can cause pain in arms & legs.
side effects: too much of herb headache, peeing a lot, puking...



Fasting helps 1-3 days beforehand. Drink fresh carrot beet juice.

Added supplements: Vitamins D & E, calcium, Magnesium, Potassium, & Iron.

Herbs: Chamomile & Peppermint teas are really soothing overall. Pennyroyal tea is helpful in small amounts (1 cup a day), but not good for heavy bleeders. Raspberry leaf lightens flow. For cramps: cramp bark, black & blue cohosh, dong quai. Other pain: Cloves, lobelia, catnip, wild yam, skull cap, valerian & kava kava.

Psychoactives: marijuana - smoked or injested
Valerian - tincture under tounge or in water
Cocaine - soak tampons in a solution.

★ Always use in moderatim & with caution ★

Exercise:

Staying fit is key in cramp prevention. Although it may sound like the last thing you want to do, go for a good swim or jog around the block. I guarantee you will feel better. Keeping your circulation flowing is essential.

Orgasm

Sure fire & most fun! Invite your lover to share in your monthly blood ritual. It's quite a bonding experience! Having sex really helps (it can also



emmenagogues

An excellent way to bring on that overdue period or assure that you get the one that you suspect *will* be. Emmenagogues are herbs that induce your period, used preferrably before your moon is due when you think it may not be coming, to bring on a period that just *won't* come and in the very early stages of a suspected pregnancy when it's too soon to detect. Take as directed for as long as 2 weeks, although Aunt Flo will probably show by day 3-5.
Steep herbs a 1/2 hour unless otherwise directed.

Angelica: use DRIED roots --fresh ones are poisonous. Drink no more than a cup of tea a day, probably no longer than 5-6 days. Prevents infections too.
possible side effects: peeing a lot, allergic reaction, irritation.

Black Cohosh: Steep 2 tsp. in a pint of water. Take 2-3 TBS. 6X/day. Works by contracting uterus. Strengthens body, helps cramps.
possible side effects: too much can cause dizziness, puking, shakes, low pulse.

Blue Cohosh: Steep 1 oz. roots in pint of water. Take 2 tsp. every 2-3 hrs. Dilute in hot water if you want. Contracts uterus. Helps cramps.
possible side effcts: pain in arms & legs. Isn't considered toxic.

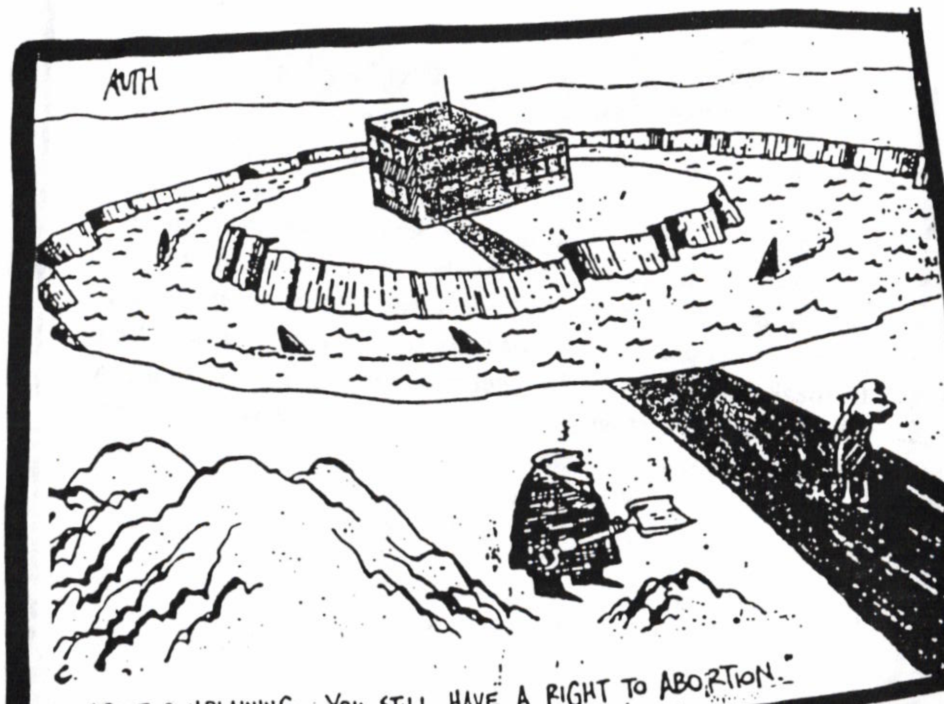
Juniper Berries (a.k.a. Red Cedar or Savin): Steep berries into tea. Probably 3 cups a day.
possible side effects: unknown.

Motherwort: same as Juniper Berries. Contracts uterus. Strengthens body.

Myrrh: Take in capsule form cuz it's bitter. Strengthens body, anticeptic.
possible side effects: unknown.

Parsley & Pennyroyal: see following page.





...OUT COMPLAINING. YOU STILL HAVE A RIGHT TO ABORTION.



bring on your period), but the 1st day may be too tender for some. The motion of sex helps relax the muscles & orgasm relieves a tightened cervix. Masturbating works swell too. Be prepared—blood can often spurt out of ya when your uterus contracts in orgasm. Messy, but fun! Some women reserve this time of the month for themselves, but others find it really nice for the enhanced intimacy. Often a good snuggle works just as well! ♡

YOGA is very effective in prevention & cure of cramps. Take a class or check out a good book on it.

Relief techniques: Lying on your back, bring kness to your chest & hold for as long is comfortable. Release & repeat until feels better. If pain is greater on one side (in one ovary), lay on that side & bring bottom leg into chest. You can also put your foot on a chair & lean into the pain.

MASSAGE: create fan with hands & apply pressure in an outward motion over abdomen.

— Applying pressure, place flats of your hands over abdomen & push as hard as feels good.

— Roll gently over a basketball. Weeeee!

— Have a friend apply pressure to your lower →

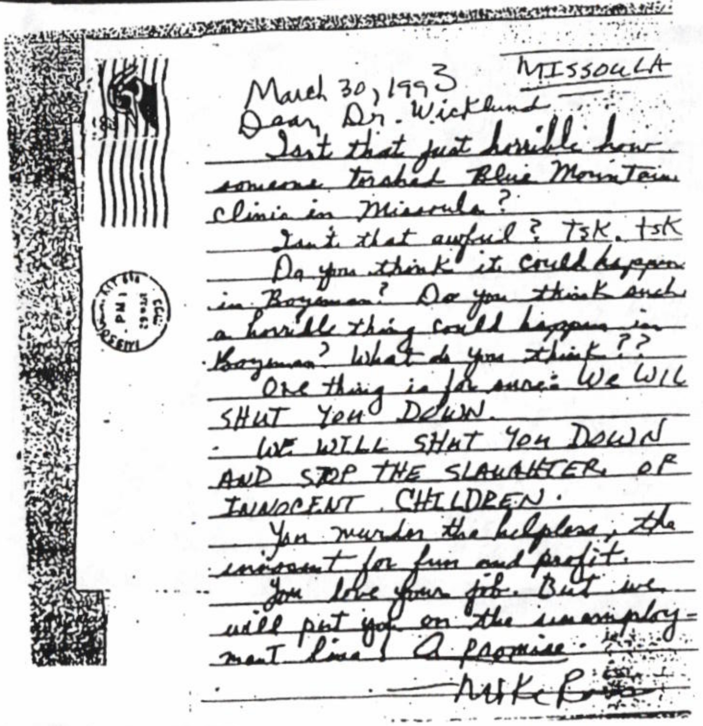
back. Read up on the "Pressure Massage" and Postural Drainage (in most massage & applied Kinesiology books). Postural Tilt: get on hands & kness & lower your shoulders to the ground so your bottom is high in the air. Hold as long as possible. Sag & straighten back occasionally. Do 5 min. a day the week before aunt flow visits.

ATTITUDE:

Whatever effects us mentally & emotionally, effects us physically. Our bodies are connected to our psychological states & are usually the 1st thing to tell us what's up. Stress is the #1 cause of physical problems, so maintaining a good attitude & practicing stress management is essential! B vitamins are annihilated by stress and excess toxins are produced ~ SO CHILL!!

Also — bail your phobias surrounding menstration. We have been taught that our bleeding is dirty, embarassing & something to hide. Undoubtedly we can attribute much of our physical & emotional discomforts to this warped mentality our society perpetrates. Understand where the need for women to feel shame about this biological gift came from. Voice yourself. Involve your partners. De-mystify the female experience!

If excessive pain persists after adjustments to your health have been made, consult a doctor 'cuz something else may be going on. Have a Pap regularly!


March 30, 1993 MISSOULA
Dear Dr. Wicklund
Isn't that just horrible how someone torched Blue Mountain clinic in Missoula?
Isn't that awful? Tsk, tsk
Do you think it could happen in Bozeman? Do you think such a horrible thing could happen in Bozeman? What do you think??
One thing is for sure: We WILL SHUT YOU DOWN.
WE WILL SHUT YOU DOWN AND STOP THE SLAUGHTER OF INNOCENT CHILDREN.
You murder the helpless, the innocent for fun and profit.
You love your job. But we will put you on the unemployment line! A promise.
Mike R[illegible]

freedom of choice?

I work at a non-profit, feminist health clinic here in San Diego. We offer dozens of services, including a prenatal program. Abortion is only one of those services & generates a small fraction of our cliental. But thanks to the new breed of god-fearing zealots, women now have to speak to us through bullet-proof glass in order to get a pap smear. On weekends, they have to speak through an outside intercom, show their ID's through a window, & get their purses searched by one of us while we wear a bullet-proof vest. Means to safe & adequate healthcare for women should not evoke a

POLICE STATE.

Secure your own choices, learn ways to heal yourself. They can never take that away.

ABORTION

While 20 years ago Roe v Wade ensured legalized abortion, it did not promise it to be safe and accessible. And with the constant threat of stiffling laws and stingy allocation of public funds, abortion for poor and immigrant women is virtually non-existent. The menace of an armed and totally psycho Religious Right is on us all. If we're gonna be serious about taking back control, we've gotta bring it the whole way home.





Happy Bleeding!

Vaginal infections

Unless you have no stress, a perfect diet, and don't have sex, chances are you will develop a vaginal infection at some point in your life. The most common are that of ***yeast, trichomonas,*** and ***nonspecific bacteria***. Women normally secret a small amount of clear to milky-white discharge that becomes heavier with ovulation, but an infection typically causes more. This is the bodie's cleasing mechanism with the fluid acting as a vehical to rid the system of infection --just like a runny nose! Vaginal infections can be mild to severe, but are usually pretty simple to cure. While not as serious as STD's, they are commonly transmitted through sex --and undetectable in males as they rarely show any signs of contagion. So here it is...

Symptoms are general and include:

itching (sometimes worse with sex)
lots of discharge
foul odor
irritation
pain during intercourse

Common Causes:

poor or unbalanced diet
high stress
use of antibiotics
diabetes
pregnancy
reactions to birth control
unresolved emotional issues
unsatisfying sex

A woman's vagina is a delicate eco-system dependent on the presence of glucose (blood sugar) and "friendly" bacteria in her system. It is kept moist by the glucose passed from the blood serum. The friendly organisms living in the vagina metabolize the glucose and create lactic-acid. This creates an acidic environment in the cooch that prevents infection. When this environment is disturbed, you've got a vaginal infection. There are specifics for each type of infection, but here are some precautions to take regarding vag. infections in general...

*wear cotton undies or none at all.
*avoid sugar, alcohol, coffee, and refined carbs.
*wash regularly with mild, non-chemical soaps. Scorn feminine-hygiene products...fear-of-female in a bottle. Emrace your sweet, earthy funk!
*use water-based lubs in sex or aloe vera gel, as opposed to those containing nonoxynol-9 or propylene glycol. Although nonoxynol-9 is thought to slow down the growth of trichnomads, it can cause rashes and general irritation. Non-lubricated sex can cause irritation that leads to infection.
*only douch to treat infection and even then, with moderation. Over-douching can cause more of a problem than you started with. Make sure douche bag never goes at an angle above your pelvis as the infection can be pushed inside your organs. Always use gentle pressure.
* always wipe front to back.
*avoid tampons, especially if you get a lot of infections.
*use condoms to inhibit the exchange of infection. You can treat yourself, but your partner can give it right back to you.
*keep your immunity strong by eating well, exercising, and sleeping enough.
*avoid antibiotics and sulfa drugs, which are usually prescribed for vaginitis and U.T.I.s These drugs upset your bodie's acid/alkaline balance and actually encourage infection.

plastic with nurturing. Next thing you know they'll be using credit cards. Also , the pacifier & bottle, unlike breastfeeding, takes away a child's choice. The mother must decide when a child eats & how much --framing the child to be controlled early by eating the formula already prepared for them. So the question is, is this trama & false nourishment embedded in society and can birth be correlated with societal removal from reality?

END

so now i'm confronted with a need to bring my child up to be freethinking. It seems difficult in a culture that denies death and thus denies itself a chance to live without fear. Now that pregnancy & birth is over, my concerns have shifted towards questioning things like immunizations and circumcision. As for myself, i have not really changed (although because i've become a mother i'm treated differently, but usually only by people who don't know me well). I have become more in touch with parts of myself --parts that have been enhanced. I have also become closer with the child's father, David, from going through the ups and downs of pregnancy & the intensity of childbirth. The major change outside of myself involves time. A child has no concept of time --the sense of control others put upon people. Things take longer for me now --fitting in diapers & breastfeeding, but at least it is quality time while it has slowed down. Quality time is something rare in Southern California.

SOUND

so there is this blank space where time becomes suspended and it's
as if the mother and child travel to the same space --an entrance &
exit that's brought in through sound. The screams and moans are
more revealing of my experience in the end than actually watching
what was happening. Sounds were forgotten as i embraced the
moment. In my mind my body felt suspended in a hot, dark cavern
of myself --everything around me ceased and the sounds were
nothing but who i was.

I had the birth filmed & audio taped (non-sync). The
visual just being the perspective of a witness --but i have to step
back from the sounds. So far i haven't heard these tapes, afraid they
will reveal more about me than any film.

Sound is important in reaching the self. My midwife,
Abby, told me a story of a birth she attended of a deaf woman. She
was in labor 3 days and making little progress. Abby tried to get
this woman to make sounds deep in her chest by demonstrating it
to her. Soon the woman began to moan deeply with her
contractions. Her mother began crying because she had never heard
her daughter make any loud noise. Within an hour the woman had
her baby --the woman's ability to let loose instigated this moment.

CULTURE

the sense of control that was so difficult for me to give up is partly
a result of the obsession of a society to control its surroundings.
This includes a culture that attempts to control nature and work
against it instead of with it. This is the fear of the unknown, of
death, that drives a society to go against nature. Examples are so
embeded within our reality; from how we try to control sickness to
how we build houses. We try to keep ourselves away from nature.
When i've told a few people about my labor, they became
convinced that drugs are the answer. Fuck that pain/endurance
thing. That is exactly the altitude of our entire culture, but i honestly
believe that in denying women the pain of childbirth, "it" denies
them strength.

IMPRINTING

my midwife, Abby, believes that cultural imprinting occurs at birth
& right now we live in a culture that is full of C-sections &
pacifiers. In hospitals in So. Cal. over 30% of women have C-
sections, a procedure that creates more trama for the woman and
child than a vaginal birth. This trama is a result of lifting the child
from a cut womb with forceps (voiding a transition), dropping
chemicals in its eyes, suctioning its throat, while the mother is sewn
back together. Future shock from day one. Abby also believes that
pacifiers, given to hospitals, imprints upon a child the equation of

YEAST INFECTIONS

(a.k.a. Candidia, Monilia, or Fungus)

Itchy, burning, runny... if you haven't had a yeast infection, consider yourself
among the lucky and few. A common cause of vaginitus, yeast infections evolve
from an inbalanced proportion of fugus called candidia albicans. The yeasties
can be anything from slight, itchy discharge to flaming cottage cheese. Yeast
grows best in a slightly acidic environment, our vaginas are normally more than
mildly acidic. When this pH level is disturbed, the beasties flourish.

Symptoms:

itching, burning, slight to clumpy white discharge, irritation, occasional
mild smell.

Causes:

* <u>SUGAR SUGAR SUGAR!</u> The evil beasties thrive, fester, and
insatiably feed off sugar. It is the main culprit in producing yeast infections.
Avoid junk food/sweets, excess cirtus, even carbs. Don't be fooled by "natural
sugars" such as frutose, sucrose, honey, sugar in the raw, etc. While these are
cleaner forms of sugar and easier to metabolize, in the end your body treats
sweets as sweets. Brown rice syrup is a good alternative.

*<u>Anything that lowers your bodie's natural resistance to dis-ease</u> (i.e.
poor diet, drugs, alcohol, stress, fatigue, etc.)

*<u>Alcohol:</u> especially beer as it is made primarily from yeast. Two beers
for me & i'm itchin' the next day. All alcohol is converted into sugar in your
system. Hang-overs are basically wacked blood-sugar levels and dehydration.

*<u>Breads:</u> most bread contains yeast as a rising agent. Look for yeast-
free products, especially whole-grain.

*<u>Birth Control Pills:</u> these upset the vagina's natural acidity and causes
it to store sugar (providing a perfect breeding ground for the beasties) High doses
raise estrogen levels at certain times during your cycle. Estrogen causes the
uterine-lining cells to produce more glycogen --which is sugar. Many women on
the pill battle the yeasties half way through their cycle nearly each month. Try a
lower doseage, or bail them all together. Anything that tricks your body into
assumed pregnancy isn't neat in my book, but if you are okay with them, just be
aware of the thing they don't tell you.

*<u>Antibiotics:</u> literally meaning *anti-life*. Commonly dispensed as
tetrecycline, penicillin, erithromycine, etc. Aside from lowering your own natural
immunity and making your body inept to heal itself (keeping you on 'em), they
destroy the "friendly" bacteria in your body. This then causes yeast (mean
bacteria) and inhibits defense against it. Whatever you're on antibiotics for, try
Echinacia - it's a powerful herb that helps spark your own defenses. If you must
take anti-b's, always include acidophilus

* <u>Pregnancy:</u> a time of major hormonal changes, especially estrogen
fluctuations

* <u>Diabetes:</u> unstable blood sugar levels cause cells to store excess sugar

* Soaps-n-Bubble Baths: soap is harsh alkaline (especially brand name,
chemical ones) and upsets the acidic P.H. of your cooch. Most bubble bath is a
detergent and lessens the protection vaginal mucus offers against infection

* Moist Environments for Your Vagina: including diaphrams, spermicides, jellies, sponges, lubed condoms (see spermicide/jellie alternatives), nylon(s), tights, synthetic undies, etc.

*Miscellaneous: douching, allergies, sexual contact, other infections

Ridding the Fungus Among Us

Yeast-ease:

*Take lactobacillus acidophilus liquid, powder, or capsules. Take 2 tablespoons or capsules, 2 TBs liquid per 1 cup H2O as douche, or wipe area with liquid, 1-2X/day. Nature's Way makes a vegan strawberry-apple liquid, Yum! Taking acidophilus is also excellent prevention.

*"Drink a shit load of ***unsweetened*** cranberry juice (not that ocean spray girl!) or "Cranactin" concentrated cranberry capsules (vegetarian), equivalent to ***16*** 8oz. glasses of juice. Take 1 every 6-12 hours. These truly rock

*Garlic: as a suppository; dip unpeeled, un-nicked clove into olive oil (to prevent burning), wrap in a piece of cheese cloth, and insert like a tampon. Replace every 12 hours by inserting a finger behind clove and pop out like a diaphram, or leave a piece of cloth dangling so you can pull it out like a tampon. Do for 3-5 days. As your body cleanses before healing, you may notice more goo. Discontinue if you feel a lot of burning or irritation. As a douche; 2 capsules Kyolic garlic capsules or fresh juice in water. Raw garlic is a cure-all for any infection, especially vaginal ones.

*wipe area with pure olive oil.

*douche with 1 TBS distilled white vinegar diluted in 2 cups warm water 1/day for 3-5 days. Best to alternate douching with another method so as not to over-douche.

*douche with Golden Seal and Myrrh: prepare 1 tsp each with 1 quart water & steep until cool.

*cut back on meats, dairy, excessive grains, and of course sugar. Eat tons of fresh vegies.

*sleep naked to let cooch breathe.

*Partner treatment is important, especially in the case of chronic infections where your partner is most likely reinfecting you. If your partner is male, have him take Cranactin capsules or 1000mg vitamin C to acidify his urine. Wash genitals before (preferrably) or after sex with the vinegar douche.

*Helpful Vitamins: 100mg of ***yeast-free*** B1, B2, B6, and 200mg B3; pantothenic acid, B Complex, C, A, and E.

*other herbs: drink or douche with teas from motherwort or oatstraw.

I begin not knowing how to start. It's as if i've been affected by an experience & do not fully understand to what extent & with what consequence. Having a child obviously extends beyond its birth & its conception, but i wonder why my experience was the way it was --not wanting to attribute its length to physical reasons. Physicality is just a part of it. It is true that physical work can bring about invested interest --with such work a certain amount of caring and love is inherent. Is this connection lessened by the easiness of birth in deliveries that are never felt? A transition that is full of self-expression --physical, mental, emotional. A transition that gives full participation for both a mother and child into the integration of different worlds. The pain allowing the mother to be inside a world close to death and life --giving her a sense of protection to the child, both also seeing entrance and exit as the same door. This culture i'm immersed in denies exit, denies death, with its obsession with posession and control. This control denies control to most people & allows "knowledge" to the ruler of minds. KNOWLEDGE - a loss of connection between senses and sensitivity. --A dulling of pain, giving people less of a reason to protect or care. --Finding substitutions and simulations of what feeling really is (the epidreal, the denial of vaginal birth, the television show that shows 2 minutes of hard labor and the production of a fast food cultured child in the 3rd, a clean baby with no blood or shit, NO head melding to the pubic bone, NO shit falling from the mother while she pushes, NO placenta, NO ripping of vaginal lips). Even with the denial of certain realities, there seems to be an easy acceptance of the metal stirrups, the drugs pumped into something pure -- is this dulling or immunizing the child to the world before entrance? The acceptance of taking a child into an environment that is controlled with pacifiers, sterilization, & removal from the mother. This is classified as a healthy society. This is a cultures' fear of death and fear of life embedded in one.

TRANSITION

the space i entered to actually give birth was one where everything around me was immediate --i gave up all control physically and emotionally. This was most likely the main reason for my long labor. I'm a control freak and even when giving up control, i have always done it in my own manner. This transition was me being able to bring myself outside my body. To be able to just deal with each contraction as it came and not wanting to come out of a moment with some kind of intellectual bullshit.



Childbirth and the Politics of Control

by Nicole Franklin

On July 8th at 12:47 AM, I gave birth to a 7 pound boy -- the hardest thing I've ever done in my life and an experience which emotionally and physically stretched my threshold of pain. Any time i deal with unknown amounts of intensity, i learn a great deal about myself. My labor lasted over 54 hours. If i'd been in the hospital, i would have had a Ceasarian section. After 24 hours in a hospital, the staff would not have any more time to devote to a single patient, and with this surgery, liability is lower than allowing a vaginal birth. Luckily, i had chosen a home birth --one that did not have the metal stirrups for a doctor's convenience.

TRICHOMONIASIS

Trich is caused by tiny one-celled animals called trichonomads. Typically asymptomatic in males, it is passed through unprotected sex often in a package deal with gonorrhea. You will know if you have contracted the bug as it shows up within a few days after sex --and when it does, it's not pretty. The drug prescribed for trich is effective, but has a lot of heinous side effects such as nausea, shits, headache, metallic taste in mouth, lowered white blood count (lowered immunity), gene mutations, birth defects, and cancer in animals. Unfortunately, natural remedies for trich aren't always sucessful --but definitely worth a try. Trichonomads can also travel up through the urethra during sex and cause a bladder infection.

Symptoms: yellow or yellowish-green discharge,burning, itchy, intense fishy odor, moist lips but dry feeling vagina, tenderness, red blotches on cervix (seen by self exam with speculum). Green discharge from cervix (seen also by self-cervical exam) indicates presence of gonorrhea.

Causes: unprotected sex, possible contact with infected toilet seat (but this is questionable and rather unlikely)

Treatment:

*garlic suppository (same as mentioned for yeast-ease).

*after removing suppository, douche with 1 TBS white vinegar to 1 quart warm water 1/every 24hrs. Since douching can push infection further into organs, try pouring solutions gently (as described later). Every other day douche with a cooled tea of 1 TBS goldenseal root or powder and 1 tsp each witch hazel leaves and comfrey root to 4 cups water.

*insert pure aloe vera into vag. with applicator used for creams and jellies. This relieves itching and discomfort.

*douche with Betadine solution 1/day until and through 1 week after period. Do this by laying in tub with legs against sides or wall and pelvis raised as high as possible (you are back on your shoulders). Open your lips with fingers or speculum and slowly pour body-temperature solution into vagina. Leave for several minutes. Symptoms should clear greatly within hours.

*douche 1-2/day for 1 week with cooled teas made from Bayberry, Goldenseal, or Slippery Elm.

BACTERIAL VAGINOSIS

(formerly known as Gardnerella or Hemophilus)

Similar to candida (yeast), hemophilus bacterium thrives when your vaginal pH is upset. Symptoms are similar to trich, are also sexually transmitted, and cured by basically the same treatments. If untreated, this bacterium can lead to abnormal vaginal bleeding, problemed pregnancy, UTIs, and abnormal Pap smears.

Symptoms:

creamy white or grayish discharge, very foul smelling --particularly after sex

Causes:

infected sex
infected wash cloth, etc.
from bottom (by not wiping front to back.)

Treatment:

*Betadine or vinegar douches
*herbal douches of Bayberry bark, Chickweed, Yarrow, Witch Hazel Bark, Sumac berries, White Oak bark, Uva Ursi, Comfrey, Goldenseal, Sage
*garlic suppositories
*acidify system with cranberry
* take Vit. B & C
* minimize using tampons to avoid reinfection
* use condoms for protection and to ward against the alkalizing effect of semen.

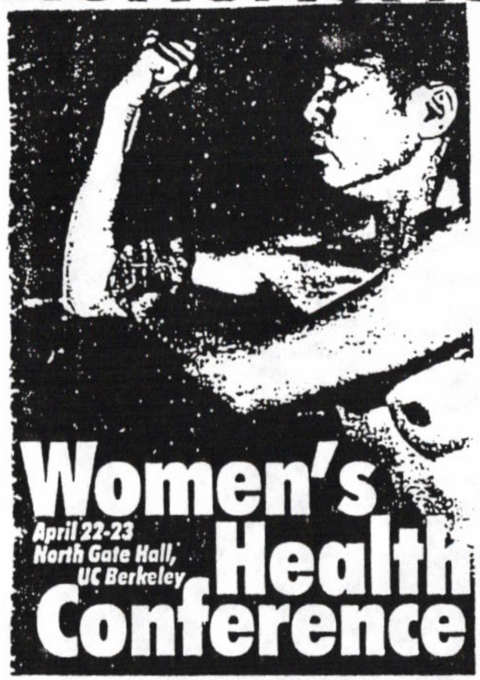
NONSPECIFIC VAGINITIS

This is the miscellaneous category for infections that can't be determined. About 90% of what was formally thought to be nonspecific is now recognized as bacterial. Symptoms involve white, yellow, or even bloody discharge, cramps, swollen abdominal and inner thigh glands, and lower back pain. Use garlic suppositories and the following recipe:

Tea from 1 handful each of chamomile and chaparrel with 1 quart water. Steep 10 minutes and cool. Douche 2-3X/week for 2 weeks.

About Douching

It is intended only to treat infection, not to give you an oh-so-fresh feeling. Unnecessary douching can actually cause or aggravate a condition. Our body cleanses itself on it's own, but Massengill doesn't want you to know that. Use gentle pressure and keep bag at a low angle.



Last weekend i went up to Berkeley for a Radical Women's Health Conference. It was a 2 day event put on by 4 of the rockin'-est girls ever! Workshops covered Domestic Violence Substance Abuse, Immigrant Women's Health, Herbology, Reproductive Freedom, Midwifery, The World Bank, Self-Help demos, and even a Menstrual Extraction discussion. I met the most amazing women and learned so much, it was the exact re-charge in motivation i needed. This was a major undertaking for the organizers, who were planning since November.They put so much of themselves into this, which was totally obvious to all who were impacted through their efforts. Coming together with a bunch of women who wanted to gain not just personal awareness, but awareness of one another was the most inspirational thing i've experienced in a long while. This is completely what i think it's about. Much gratitude to all of the speakers, particularly the warm & in tune Polly Strand; wild women Laura Weide --B.A.C.O.R.R. clinic defense crusader, and Pat McGinnis --abortion rights warrior whose been on the front lines for choice over 40 years, also co-author of the revolutionary Abortion Handbook and God the Mother Message; and the great girl who let us all look at her cervix! Organizers Daphne, Rachel, Mimi & Leah, you rule. Oh! and last but not least -- Dave , who racks some serious points. Wow, cool.

When shit happens...

In the event of unprotected sex, insert one 500 mg. non-chewable Vitamin C tablet into vagina 2X a day for 3 days. This should kill egg-bound sperm by acidifying vagina. Irritating, but not as bad as an unwanted pregnancy! Soothe with aloe vera & acidophilus afterwards.

OR... Take 1 teaspoon of non-treated wild carrot seed at ovulation or immediately following unsafe sex. Chew, mix with liquid, or swallow in capsules. Use for one week or until bleeding begins. Prevents egg from attaching to uterine wall.

Know that these are not methods to rely on regularly. Good Luck!



U.T.I.'s

Urinary Tract Infections

These REALLY suck. Ever feel like you gotta pee super bad but when you go to do it,nothing happens? If you can squeeze out anything,it's only a drop and it feels like firewater. If you've had one before,you can feel exactly when another one is coming-- so here's how to avoid them and what to do in case you don't...

Avoiding them...

1) the most important thing to do is make sure you pee after sex.no matter how nice it is to lay there,get up and squeeze someout kindof forcefully.this will eliminate any bacteria that has made its way into your urethra during the course of sex.
2) avoid gettin' dirt in ya by making sure you and your partner have clean hands,fingernails,and sex gadgets.
3) wipe from front to back after going poddy.
4) wear cotton undies.
5) use a smaller diaphragm.
6) avoid using perfumed products down there.
7) use KY or aloe gel for sexual positions that may cause friction or irritation.

When you've already got one...

take 1-2 cranactin pills every 12 or so hours

or drink mega amounts of cranberry(unsweetened!)

juice and always water,of course.

simmer 1 cup fresh celery or parsley leaves in

3 pints distilled H20.drink 6-8 cups a day for

8 days,cutting back 2 cups daily.

hey wait, there's more...

A urinary tract infection (also known as cystitis) is the beginning stage of a potential bladder or even kidney infection. If you are experiencing fever, chills, nausea, puking, or back pain--you have more than a a tract infection and should see a doctor right away.

Interstitial Cystitis

by Carrie Kelso

Until recently, when women tested negative for what seemed to be recurring urinary tract infections, they were told that their symptoms were pyschological or stress related, they may have a small bladder or chlamydia, or that they should go on the birth control pill. Most women see @ 5 doctors before being properly diagnosed.

Interstitial Cystitis, a chronic bladder condition, is an inflammation of the bladder lining. Symptoms include frequent urination (especially at night), urgency to pee without being able to, & tenderness in the abdominal area. 80% of IC sufferers are women.

Although the cause is still unknown, there are a variety of treatments, none of which are 100% effective for all patients. Avoiding cranberry and acidic juices, caffeine, alcohol, and spicy foods may be helpful along with taking antacids. Other treatments involve taking the anti-depressant drug, Amytriptyline, or having the bladder "stretched" by filling it with water under general anethesia.

If you suspect you have **interstitial** cystitis, go to a urologist that specializes in female problems and explore independent research.

BIRTH CONTROL

Method	*Description*	*% Effectiveness*
Abstinence	Keeping the penis out of the vagina. (Different from celibacy, which means not having sex with another person.)	100
Hysterectomy	Surgical removal of the uterus	100
Vasectomy	Cutting or tying the tube which carries the sperm out of a man's penis.	99.85
Tubal Ligation	Cutting or burning the egg tubes or closing them off with a plastic ring.	99.4
Foam and Condom	The man fits a condom over his penis and the woman puts sperm-killing foam in her vagina.	99+*
Basal Body Temperature	Predicting a woman's fertile time by charting her early-morning temperature.	98.1
Diaphragm	A dome-shaped rubber device filled with sperm-killing cream or jelly inserted into the vagina to cover the cervix.	98
Foam	Sperm-killing foam inserted into the vagina shortly before intercourse.	97-98*
IUD (Intrauterine Device)	A plastic object inserted into the uterus. Discourages implantation of fertilized egg on uterine wall.	95-97*
Symptothermic Method	Combination of basal body temperature method and mucus observation (Billings method).	94-98.9*
Cervical Cap	Rubber cap which fits over the cervix and stays on by suction. Requires little cream or jelly.	92-98*
Lactation	Infant nursing suppresses ovulation.	91
The Pill	A combination of hormone-like drugs which suppresses the activity of a woman's ovaries.	90-98*
Depo-Provera	An injection of a progestogen-like drug which causes a woman to stop having periods. (*Note:* Despite the fact that Depo-Provera is not approved by the FDA as a method of birth control, physicians continue to prescribe it for this purpose.)	90-95*
Condom	Rubber sheath which covers the penis and catches semen.	90

A NEW VIEW OF A WOMAN'S BODY

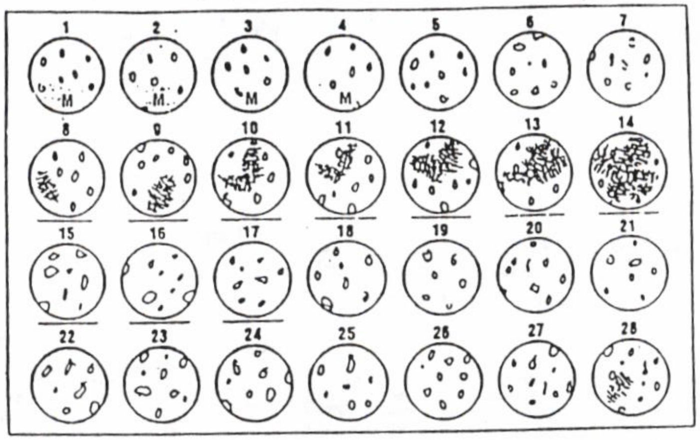
Method	*Description*	*% Effectiveness*
Billings Method	Requires total abstinence from sexual activity during a woman's fertile time. Based on recognition of the differen[ce b]etween fertile and nonfertile mucus.	80.6
Withdrawal	Practice of withdrawing the penis from the vagina before ejaculatio[n]	80-90*
Rhythm (Calendar)	Predicting a woman's fertile time based on the length of her cycle.	79
Suppository	Solid sperm-killing "tablet" which melts when inserted into the vagina.	75-80*
Douching	Rinsing sperm from the vagina immediately after coitus by flushing with water or various solutions	60

Methods with Limited Research

Method	*Description*	*Possible % Effectiveness*
Astrological	Predicting a woman's fertile time based upon coincidence of the relationship of the sun and moon with the time a woman was born. The woman must abstain from coitus 2½ days before and 2½ days after her fertile time. When the predicted fertile time does not coincide with other signs of ovulation, she must abstain also. The high effectiveness of this method results from the relatively few times when a woman can have coitus.	97.7
Lunaception	Based upon the idea that a certain hormone produced during darkness prevents an egg from developing. Women using this method must sleep in total darkness except for days 14, 15 and 16 of their [cycle]	Never studied as a sole method of [birth control]

The following illustration is an example of a typical crystal pattern which would be seen in a regular 28-day cycle.

(REMEMBER! This is only one example. Your crystal pattern may present differently than this one. Daily checks and recordings on a tracking chart will show you your own unique pattern.)



Day 1 is the first day of menstruation, marked with "M", as are the next three days of menstrual bleeding.

DAYS 5, 6, and 7 show little or no forms, mostly amorphous blobs with no crystallization.

DAYS 8, 9, and 10 show the beginnings of crystal formations or ferning patterns which increase in amount seen until DAY 14, with peak in crystal formations signaling a peak in fertile time.

DAYS 18 through 27 show no crystal forms. This is the post-ovulatory phase.

DAY 28 shows a brief crystal formation, often seen 12-24 hours before the onset of menstruation. These crystals usually show much less ferning than those seen during the fertile period.

DAYS 8 through 17 are underlined to indicate that they are potentially fertile days. Checking cervical fluid consistency can verify fertile/unfertile days if there is doubt.

Helpful Suggestions

- Do not wear your glasses. People with very poor eyesight can read the lens easily once they learn how to focus the material on the slide.
- When first learning, you may want to remove your contacts. You will soon be able to read with the contacts in place.
- Be sure you are holding *the Lens* with the small hole toward your eye.
- Try using different distances from the light and various light sources until you find the best combination for you. Try using a flashlight.
- Remember your main focussing tequnique is to vary the pressure used to gently squeeze the disks together. Watch for the right amount of pressure that gives you the clearest focus.
- Check both the slide (large blue hole) and the lens (small hole) to be sure light shines through. Clean with a soft damp cloth or warm water with mild soap.
- *Always* clean the slide before taking a new sample.
- Make sure you are using just a thin film of saliva or mucus.
- Mixtures of other substances (food, alcohol, nicotine, water) will alter the composition of pure saliva. Be sure there are no remains of these substances in your mouth when taking the sample.
- Checking the texture of your cervical fluid between your fingers for a slippery or stringy consistency can verify that your crystals are appearing solely on fertile days. For more in-depth information on cervical fluid and your other fertility signs, ask us for our resource directory.
- *The Lens* is helpful in identifying irregular cycles. It is important to check *the Lens* daily for 3 months and to record results on a tracking chart. Then you will have a picture which reflects your hormonal cycle. Most hormonal imbalances can be corrected via diet, nutrition or lifestyle adjustments. When consulting your health care provider, bring your tracking chart along. It may help clarify imbalances.

Access to further information about this method of fertility awareness is kind of obscure. Midwives seem to know—as Nicole got this article from hers. Definitely something to watch for.

STD	WHAT TO WATCH FOR	HOW DO YOU GET THIS STD?	WHAT HAPPENS IF YOU DON'T GET TREATED?
AIDS *(Acquired Immune Deficiency Syndrome)*	• Symptoms show up several months to several years after contact with the AIDS virus. • Flu-like feelings that don't go away. • Unexplained weight loss. • Diarrhea. • White spots in mouth. • Purple bumps on the skin and inside mouth, nose or rectum.	• Spread by sharing needles to inject IV drugs. • Spread during anal sex, sexual intercourse and possibly oral sex with someone who has AIDS or is carrying the AIDS virus.	• *YOU CAN GIVE AIDS TO YOUR SEXUAL PARTNER(S) OR SOMEONE YOU SHARE A NEEDLE WITH.* • AIDS cannot be cured. Most people die from the disease. • A mother with AIDS can give it to her baby in the womb, during birth or while breastfeeding.
CHLAMYDIA	• Symptoms show up 7-21 days after having sex. • Most women and some men have no symptoms. WOMEN: • Discharge from the vagina. • Bleeding from the vagina between periods. • Burning or pain when you urinate (pee). • Pain in abdomen (belly), sometimes with fever and nausea. MEN: • Watery, white drip from the penis. • Burning or pain when you urinate (pee).	• Spread during sexual intercourse, oral sex and anal sex with someone who has chlamydia.	• *YOU CAN GIVE CHLAMYDIA TO YOUR SEXUAL PARTNER(S).* • Can lead to more serious infection. Reproductive organs can be damaged. • Both men and women may no longer be able to have children. • A mother with chlamydia can give it to her baby during childbirth.
GENITAL WARTS *(venereal warts)*	• Symptoms show up 1-6 months after having sex. • Small, bumpy warts on the sex organs and anus. • The warts do not go away. • Itching or burning around the sex organs.	• Spread during sexual intercourse, oral sex and anal sex with someone who has genital warts.	• *YOU CAN GIVE GENITAL WARTS TO YOUR SEXUAL PARTNER(S).* • More warts grow and are harder to get rid of. • A mother with warts can give them to her baby during childbirth. • May lead to precancerous conditions.
GONORRHEA *(clap, drip, GC)*	• Symptoms show up 2-21 days after having sex. • Most women and many men have no symptoms. WOMEN: • Thick yellow or white discharge from the vagina. • Burning or pain when you urinate (pee) or have a bowel movement. • More pain than usual during periods. • Cramps and pain in the lower abdomen (belly). MEN: • Thick yellow or white drip from the penis. • Burning or pain when you urinate (pee) or have a bowel movement.	• Spread during intercourse, oral sex and anal sex with someone who has gonorrhea.	• *YOU CAN GIVE GONORRHEA TO YOUR SEXUAL PARTNER(S).* • Can lead to more serious infection. Reproductive organs can be damaged. • Both men and women may no longer be able to have children. • A mother with gonorrhea can give it to her baby during childbirth. • Can cause heart trouble, skin disease, arthritis and blindness.
HERPES	• Symptoms show up 2-30 days after having sex. • Some people have no symptoms. • Flu-like feelings. • Small, painful blisters on the sex organs or mouth. • Itching or burning before the blisters appear. • Blisters last 1-3 weeks. • Blisters go away but you still have herpes. Blisters can come back.	• Spread during sexual intercourse, oral sex and anal sex with someone who has herpes.	• *YOU CAN GIVE HERPES TO YOUR SEXUAL PARTNER(S).* • Herpes cannot be cured. • A mother with herpes can give it to her baby during childbirth.
NGU *(nongonococcal or nonspecific urethritis, NSU)*	• Both men and women are affected by NGU. • Symptoms show up 1-3 weeks after having sex. • Most women and some men have no symptoms. • Yellow or white drip from the penis. • Discharge or burning in the vagina. • Burning or pain when you urinate (pee).	• Spread during sexual intercourse, oral sex and anal sex with someone who has an NGU infection.	• *YOU CAN GIVE NGU INFECTIONS TO YOUR SEXUAL PARTNER(S).* • Can lead to more serious infection. Reproductive organs can be damaged. • Both men and women may no longer be able to have a child. • A mother with NGU infection can give it to her baby during childbirth.
SYPHILIS *(syph, the pox)*	1st STAGE: • Symptoms show up 1-12 weeks after having sex. • A painless, reddish-brown sore on the mouth or sex organs. • Sore lasts 1-5 weeks. • Sore goes away but you still have syphilis. 2nd STAGE: • Symptoms show up 6 weeks-6 months after sore appears. • A rash anywhere on the body. • Flu-like feelings. • Rash and flu-like feelings go away but you still have syphilis.	• Spread during sexual intercourse, oral sex and anal sex with someone who has syphilis.	• *YOU CAN GIVE SYPHILIS TO YOUR SEXUAL PARTNER(S).* • A mother with syphilis can give it to her baby during childbirth. • Can cause heart disease, brain damage, blindness and death.
VAGINITIS *(bacterial vaginosis, trich, yeast)*	• Some women have no symptoms. • Itching, burning or pain in the vagina. • More discharge from the vagina than normal. • Discharge smells and/or looks different.	• Pregnancy, antibiotics, birth control pills, menstruation, diabetes, can lead to vaginitis. • Can be spread during sexual intercourse, oral sex and anal sex. Men can carry vaginitis infections without symptoms.	• *YOU CAN GIVE VAGINITIS INFECTIONS TO YOUR SEXUAL PARTNER(S).* • Uncomfortable symptoms will continue. • Men can get infections in the prostate gland and urethra.

ETR Associates

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or write ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830
Title #153

stds

What to Watch For: (** both girls & boys)

** sores, bumps, or blisters near vagina or mouth
** burning & pain when you pee or poop
** swelling or redness in throat
** flu like feelings, with fever, chills and aches
** swelling around groin
* unusual discharge or smell
* pain in pelvic area
* burning or itching around vagina
* bleeding
* pain deep inside vagina when you have sex

Before You Fool Around With Someone New: Check your partner for a rash, sore, redness, or discharge. If you see or feel anything suspicious, don't do it! HPV (human papiloma virus, in the herpes family) can show up as a pin-prick bump! You should be able to feel these things, so don't freak out too much.

What To Do: Unforunately, home remedies are not exteremly effective in curing STD's, but many are helpful in treatment. It is important that you first get diagnosed by a clinic. Here are a few things that sometimes work, but if they don't, get treated asap...

*Chlamydia: Hot Pants Zine says: 1) Take 30 drops echinacea tincture (bottle form) 2X a week for 3 weeks. 2) Simmer 1 oz dried echinacea with 2 cups water for 20min. Do not boil. Cool and douche 2X a week for 3 weeks. 3) Eat raw or capsuled garlic everyday. This may take 1-2 months depending on severity of infection. Try not to wait too long, Chlamydia can turn into Pelvic Inflammatory Disease.

*Herpes: Since herpes cannot be cured, this is for the prevention and treatment of outbreaks. 1) Apply local anethestics such as clove or black tea compresses, clove or peppermint oil. 2) Pastes applied as poultices from crushed calcium tablets, slippery elm, comfrey root, myrrh, golden seal, or lysine. 3) Calendula ointment for itching. 4) Aloe vera sap or gel, tea tree or eucalyptus oil, to shorten or lessen outbreak. 5) Take Goldenseal or 3000 mg Lysine daily to prevent outbreaks, 6000 to treat them. Fasting is also helpful, read up.

Oh, and...

Men can often carry outbreaks in their urethra and not know it, which can be passed to you. Try not to take chances even when in remission, unless you're really sure.

Your partner must get treated for the STD when you do, otherwise you will just pass it back & forth.

Remember! Even though they are kept hushed, STD's are extremely common. Don't feel gross or ashamed if you get one, it doesn't mean you are saucey!

ThE LeNs

INSTRUCTIONS FOR USING THE LENS

Use Only for Personal Research

Please read entire Instructions before using your Lens

What Is *the Lens*

The Lens is a small high powered microscope, manufactured in Spain, which allows you to see crystals that form in saliva or cervical fluid (mucus) during the fertile time. We recommend that you use *the Lens* to educate yourself about your unique fertility cycle. At the beginning of the fertile process, elevated estrogen levels cause saliva and cervical fluid to crystallize when dry. These crystal formations, or "ferning" patterns, are visible through a microscope. Crystals begin to be visible around 4-6 days before ovulation. They normally increase in number as ovulation approaches and then disappear after ovulation occurs, when estrogen drops to pre-fertile levels. **We recommend that you use *the Lens* daily for at least three months and record your patterns on a tracking chart. In this way, you will become your own fertility expert, adept at recognizing your crystal pattern and understanding your personal cycle. You will make best use of *the Lens* and learn the most about your cycle by paying close attention to your body, your feelings and by becoming acquainted with your other fertility signs, such as changes in cervical fluid.** *(More information about this is under "Helpful Suggestions" section).*

Uses of *the Lens*

***The Lens* is not a birth control device. It is a tool for fertility awareness. Many women using the Lens in this way, (especially when combining it with their other fertility signs), gain simple information which enables them to**

- determine which days are potentially fertile
- determine which days are unfertile
- plan or prevent pregnancy naturally
- identify hormonal imbalances related to irregular cycles or infertility
- track cyclic occurrences such as PMS
- enhance creativity, sexuality and health awareness
- pinpoint times of greatest fertility

How to Use *the Lens*

The Lens is easy to use. You will rapidly learn the difference between foreign particles and crystal formations.

Lens Step 1: Note how the two disks of the Lens rotate when you turn them.

Lens Step 2: Align the lens (small hole) over the slide where your sample will be placed (large blue hole).

Lens Step 3: Without wearing glasses, hold the lens (small hole) toward your eye. Direct your view toward an incandescent light source approximately 3 feet or more from your eye. Do not use flourescent, diffused light or sunlight.

Lens Step 4: Focus onto the particles by gently squeezing the disks together. Vary your finger pressure until the objects on the slide appear in clear focus. This step tells you how clean the slide is before you place saliva or cervical fluid onto the slide.

Reading Saliva Patterns with *the Lens*

Now that you are comfortable with using your new *Lens*, you can begin reading your saliva. [redacted] Best times are mid-morning, afternoon, or evening. Some women test two times a day, to confirm results or to note changes. IMPORTANT: Take nothing by mouth (food, liquid, toothpaste, etc.) for at least 1/2 hour before testing to insure an accurate sample.

Saliva Step 1: Clean and dry the slide (large blue hole) with a soft damp cloth and/or warm water and mild soap.

Saliva Step 2: View the clean slide through the lens (Lens Step 4, above).

Saliva Step 3: Lick the slide lightly to create a thin film of saliva.

Saliva Step 4: Allow to dry for 20 minutes. Let the sample dry naturally. Do NOT blow or place near heat. The results will stay on the lens until washed.

Saliva Step 5: Read the Lens as described in Lens Step 2 through Lens Step 4, above.

Saliva Step 6: Compare your crystal formations to the ones below. Your crystals may look different, but you will notice a dramatic change from the uncrystallized saliva to saliva with crystal formations.

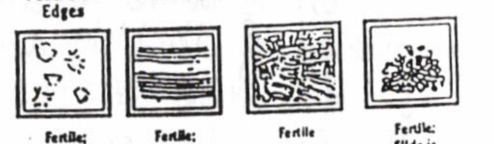
Cervical Fluid Sample

Cervical fluid can also be used for testing, either to verify your findings or if the result of the saliva test is uncertain to you. Repeat all the steps for saliva testing except for step 3, using cervical fluid instead of saliva for a sample. To collect a sample of cervical fluid, insert your middle finger into the vagina until you feel the uterine neck, or cervix, which is the extension of the uterus into the vagina. Feel for the indentation at the tip of the cervix. This is where you gather your sample. Smear a thin layer of the fluid onto the slide. Air dry for 20 minutes and read *the Lens* as previously described.

NOTE: Cervical readings may not be accurate if contaminated by menstrual blood, seminal fluid, or vaginal infection. Swimming, bathing or douching is not recommended prior to collecting a sample. Also, a sample which is too thick may be difficult to read.

Common Crystal Patterns

Feathered Edges	Streaking	Ferning	Random



Feathered Edges	Streaking	Ferning	Random
Fertile: Sometimes seen at the beginning and end of fertile cycle	Fertile: Sometimes seen at the beginning, possibly weak estrogen if no ferning occurs	Fertile	Fertile: Slide is dramatically different from uncrystallized pattern

1. Keep a written record of your cycle for 8-12 consecutive months. Count the 1st day of your cycle as DAY 1 and the last day before you start to bleed again as the last day. At the end of 8-12 months, figure the longest and shortest cycles.

2. Subtract 18 from the # of days in your shortest cycle. This difference is the fertile or "unsafe" day. No nookie for you!!

3. Subtract 11 from the # of days in your longest cycle. This is the last day you are fertile and sex is not safe.

4. Add your new cycle to your list each month. Cross off the cycle at the top & count in your new cycle at the bottom. This will show new changes in your cycle & may change days you count as unsafe.

Example:

If a ♀'s record shows that her shortest cycle is 25 days & her longest is 30, she should abstain from sex or use another method during days 7 — 19.

☆ ☆ ☆

Be Aware of factors that may upset your cycle — pre-menopause, breast-feeding, abortion, miscarriage, birth, post B.C. pill use, stress, shitty nutrition, or major changes in daily routine or attitude.

KNOW YOUR BODY.



Women and AIDS

Women are the fastest growing population contracting AIDS. It is the leading cause of death for women age 19-34 in New York and is becomming the leading cause of infant death for tikes under 1. Furthermore, the number of women with AIDS goes **hugely** underreported.

Signs of infection can be different for women, here's what to look for...

***discharge of unusual color or odor**
***chronic yeast infections**
***open sores or bumps in or around your vagina or anus**
***unusual pain or cramping during intercourse**
***sudden irregular periods**
***pain in belly when you don't get your period**

Here are some guidelines adapted from the wonderful <u>Take Back Your Life</u> fanzine...

Highest Risks for Transmissions:

1. Contaminated blood or blood products for transfusion or injection
2. Contaminated needles, syringes, bulbs, works, or cookers.
3. Unprotected anal intercourse with an infected person; primarily for the "receptive" partners whether male or female. HIV may be transmitted by the ripping of the rectal tissue and subsequent bleeding which provides access for the infected sperm to the blood stream; recent evidence also suggests that the HIV may directly infect the inner lining or wall of colon., which includes the anus and rectum.
4. Unprotected vaginal intercourse with an infected partner.
5. Ingestion of infected partners vaginal secretions, breast milk, blood, or any body fluids or secretions that are contaminated with blood.

Needle use is on the rampage...**Don't Share!** This includes not just ones for shooting drugs, but piercing & tattooing too. Don't share any part of your works (needles, syringes, and cookers) and don't share or reuse cottons.

Clean all needles by:

(1) Pour rubbing alcohol or diluted bleach into glass.
(2) Pull liquid up into syringe through needle, shake well, and squirt out.
(3) Repeat several times.
(4) Let entire set of works soak for 10-15 minutes.
(5) Pour out. If you used bleach, rinse everything well.
(6) Let works dry.

Be careful and stay informed. You are not immune. Don't wait until it's too late to take responsibility. We have much evidence that implies there will never be a cure for AIDS, our only hope lies in prevention.

Remember that safe sex doesn't have to mean monogamous sex, just be safe with every partner you have. Imposing a false sense of morality can be just as deadly!!

JANUARY						
MON	TU	WED	TH	FRI	SA	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

APRIL						
SU	MON	TU	WED	TH	FRI	SA
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26/27	28/29

I'm not sure if this method is really effective or I've just been really lucky, but it has served me well for years. I never depend on it at all times of the month, but always during the block around my moon. This method is only recommended if you have pretty regular periods and are in a monogamous relationship. It's an excellent method to combine with another for that extra peace of mind and really nice to your body as it has absolutely zero side effects! Definitely my personal favorite.

The idea is to abstain from sex during your fertile days. The challenge is that your days may vary as ovulation may occur early, late, or even during your moon. The goal is to pinpoint your exact time of ovulation and avoid sex around this time. Keeping in mind that sperm can live up to 72 hrs. in the uterus & an egg will live 24 hrs. after ovulation, sex is a no-no on the days surrounding your actual ovulation as well. Ovulation usually occurs midcycle & as soon as it happens, you will get your period 14 days after that point (UNLESS you are one of those rare few that ovulate during your moon). Here's how you figure it out...

SEPTEMBER						
SU	MON	TU	WED	TH	FRI	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26/27	28/29	30/31

Rhythm or Calendar Method





Scabies

are fucking *hell*. Even though they are super common, few have heard of them. Most doctors can't diagnose them because they are treated as a rarity that only "filthy impoverished people" get. Consequently everyone feels disgusting when they come down with 'em. Scabies are little parasites that are no different than any of the other 10 billion you have on you right now, we are just allergic to them. They are invisible to the eye and show up in little red bumps when scratched. Characteristically, these bumps form lines or triangles, but not always. Doctors only recognize them this way and nearly everyone i know hasn't been officially diagnosed because of this. Realistically, they are not that easy to catch but it's important to tell those around you if you have them. That's the hardest part, but if more people would talk about them, they wouldn't be so embarrassing! The best way to catch them is through clothes and bedding, which are also the hardest places to get rid of them. The most important thing to do is act quickly as soon as you start showing signs. If you have been in very close contact with someone who has them, chances are you will get them too. It takes a month for scabies to develop on someone who has never had them, but quickly on someone who has. If you have an isolated incident of close contact with them, they can be prevented by taking a hot shower within 12 hours. Unfortunately, home remedies don't usually kill them, but definitely help in treatment. They are effective in prevention for that questioning month before they hatch. The medications prescribed are Kwell and Elimite. I've heard Kwell can cause damage to the nervous system, so Elimite is perferred as of now. Both are pesticides and not good for you, so try to do your ridding process right the first time. Wait 2 weeks before reapplying, unless you see for sure that they are still spreading. Otherwise you probably have the Maybies, which can itch for 3 months!

Symptoms:

Itching or burny sensation worse with heat (showers, in bed, etc.), small red bumps. Often begin as 1 itchy bump in armpit or on hand. Cluster on hips, feet, shins, between fingers, lower back, thighs, arms. Fun! Remember, the best way to spread them is to itch 'em! **Don't scratch!!!**

What to Do:

Apply medicine thickly from the neck down. Leave on 10-12 hours. Wash off. Wash all clothes, bedding, and towels on hot cycle. Throw non-washables (including leather shoes & belts & dry cleaning) into hot dryer for at least an hour. Wrap matress in matress bag (available at moving companies, stores). Quarantine sofas and other things for a least a week. Supposively they die off the body within 72 hours but i don't believe it.

Home Remedies:

•Bathe in Tincture of Green Soap every night. Scrub with soft bristle brush.
•Take 2 homeopathic "Sulfur 6X" tablets 3X a day under tounge. Never touch homeopathy with your fingers!
•Apply oil of lavendar 2X a week.
• Use lotion with calendula in it to soothe skin.



crabs . . .

Crabs are similar to scabies, only bigger and tend to live on the surface. They are found mostly around the gentials and other hairy regions, including your eyebrows! They often appear as tiny brown dots at the base of the hair. They are not primarily an STD, kids get them all the time.

Symptoms: They itch!!

Treatment: Follow the same for scabies minus the medication. Wash, quarantine, etc. Can also mix 3 tsp. thyme, red thyme, or lavendar oil with 5 oz. olive oil. Apply over night and wash off with soap. Can apply up to 3 times a day if needed.

NaTuRAL biRtH cOnTrol

Personally, i have yet to find an acceptable method of birth control. Everything i've tried on the mainstream market has given me really lame side-effects, causing more problems than i bargained for. Often these side-effects come unannounced to women, as adequate informing lacks largely on the behalf of doctors. They just want to stuff their pockets and push us out the door. It is also enraging that there are a dozen methods available to women and only one to men. This puts virtually all the responsibility on the woman, not to mention the risk to health. The benefits of practicing natural birth control involve not only Practicing natural birth control gives you a cool awareness of your body and keeps control where you want it --with you! The last thing we need are new technological devices to rule us. Here are a few methods i like. There are also herbal approaches that our foremothers have used for ages, but i don't know enough about them. I've heard carrot seed and pennyroyal are effective. I used wild yam root sucessfully for a few months, but i had a couple of questions about it that i haven't found the answers to. It's important for us to document and share our experiences cuz that's how it all works!

Oh, due to limited space, i won't go into the basal thermometer or cervical mucous method. They are excellent methods, but pretty involved. Read The Natural Birth Control Book by A. Rosenblum for info.

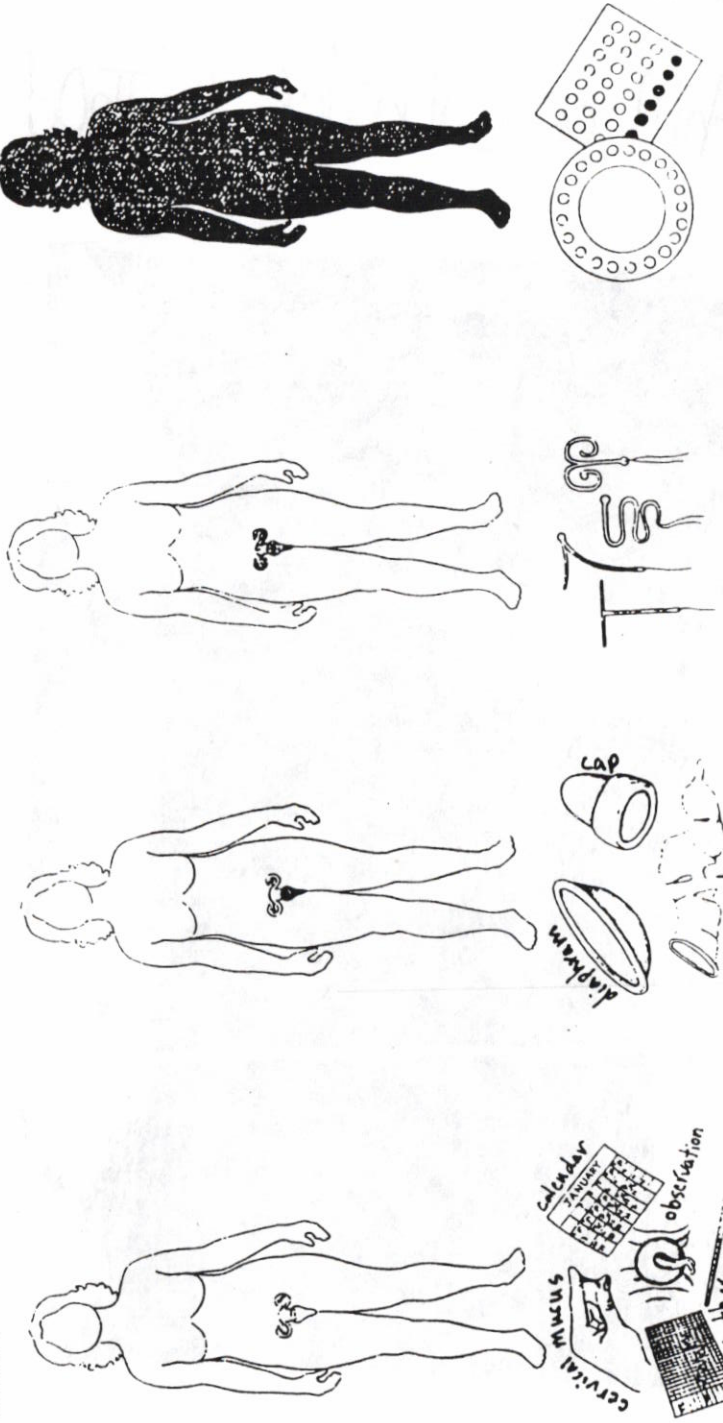
HOMEMADE SPERMICIDE!

a mild, non-irritating alternative to harsh chemical jellies...

Mix 1 part ALOE VERA GEL (100%) with 1 part FRESH LEMON JUICE insert with the type of applicator for store bought jellies and medications.

PROVEN and EFFECTIVE!!

A NEW VIEW OF A WOMAN'S BODY



The effects of self-observation as birth control

The effects of local methods as birth control

The effects of IUDs as birth control

The effects of the pill as birth control